

# Wash Hands Often

**FREQUENT HANDWASHING HELPS PREVENT GETTING SICK OR SPREAD OF INFECTIOUS DISEASE!**



## **Wash your hands BEFORE...**

- Eating food or drinking beverages
- Touching your face

Wash your hands for **20 seconds** with **hot water** and **soap!**



## **Wash your hands AFTER...**

- Using the restroom
- Touching handrails, door knobs
- Coughing, sneezing, eating, drinking
- Cleaning/taking out trash
- After close contact with another person
- As often as necessary to remove soil and contamination

**Ross County Health District**

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