



Why wash?



Critical times to clean your hands...

- before eating
- before, during, and after preparing food
- before and after treating a cut or wound
- after using the bathroom
- after handling animals or animal wastes
- after using household chemicals
- after changing a diaper
- when hands are visibly dirty
- after blowing your nose, coughing, or sneezing
- more frequently when someone in your home is sick



The U.S. Centers for Disease Control and Prevention (CDC) considers hand washing to be "the single most effective way to prevent the transmission of disease."



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Learn more about hand hygiene!

Free resources at www.ccmu.org/healthrich/activities.