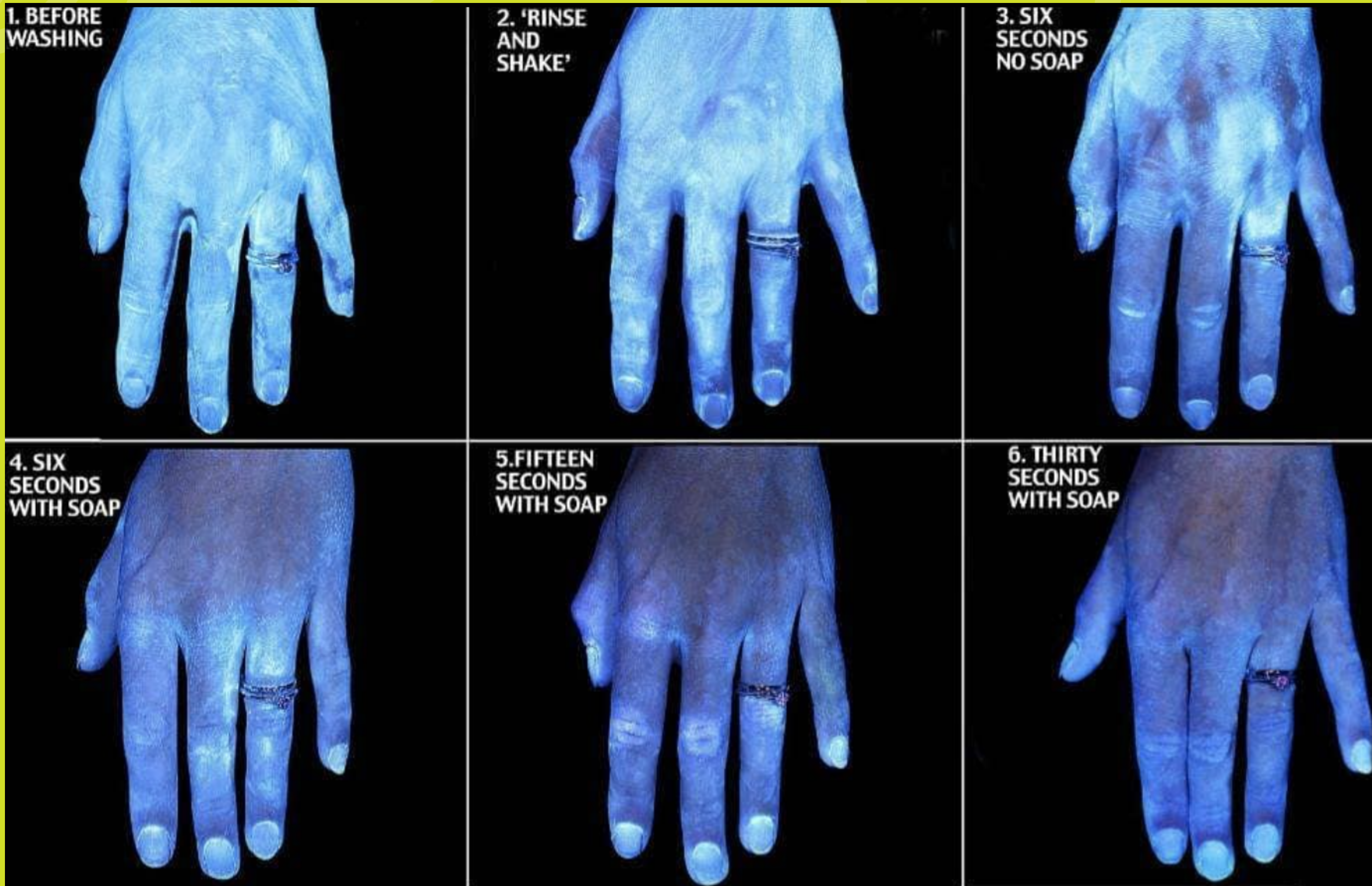


# WHEN TO WASH YOUR HANDS

Frequently washing your hands will help prevent the spread of germs.



- ✓ BEFORE and AFTER eating or preparing food
- ✓ BEFORE and AFTER treating a wound
- ✓ WHENEVER hands are visibly dirty
- ✓ AFTER using the toilet
- ✓ AFTER blowing your nose, coughing, or sneezing
- ✓ AFTER handling chemicals
- ✓ AFTER touching garbage



EDMC SAFETY & HEALTH

\*The contents of this poster came directly from the Centers for Disease Control and Prevention (CDC).