Key Times to Wash Hands

BEFORE

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone sick
- Before and after treating a wound
- Before and after removing gloves or other personal protective equipment
- Before exiting a laboratory

AFTER

- After contact with frequently touched surfaces (elevators, lobby areas, reception desks, etc.)
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After touching garbage