

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