

# Hand Washing!



## Wash all parts of your hands:

- The backs
- Between fingers
- Under nails
- Thumbs

## Wash your hands:

- Before eating
- After using the toilet
- Before, during and after cooking
- After changing diapers
- After handling soiled items such as bed linen, commodes, clothing, and toys
- After petting animals

*Washing your hands with soap and water is the best way to reduce the spread of germs.*