How and when to wash your hands

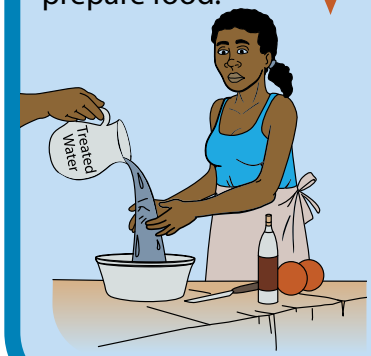
Wet your hands with treated water.

Lather thoroughly with soap. Cover all the skin on your hands. Clean under your nails.

Rinse hands with treated water.

Dry your hands with a clean towel. No towel? Rub your hands together and let them air dry.

Wash your hands before you eat or prepare food.



Wash your hands before feeding other people.

Wash your hands after cleaning your child's bottom.

Wash your hands after going to the toilet.

Wash your hands after taking care of someone ill with diarrhea.

U.S. Department of Health and Human Services
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