

## When to Wash Your Hands



	<b>Before cooking food.</b>
	<b>Before eating food.</b>
	<b>Before and after helping someone who is sick.</b>
	<b>Before and after treating a cut or wound.</b>
	<b>After using the toilet.</b>
	<b>After coughing, blowing your nose, or sneezing into your elbow.</b>
	<b>After touching an animal.</b>
	<b>After touching garbage.</b>

Adapted from the CDC: <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>