

Cleaning Your Hands

When to Clean Your Hands

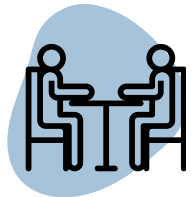
Use Alcohol Based Hand Rub or Soap and Water...



Before, during, and after preparing food



After assisting someone with toilet use or changing briefs



Before and after eating food



After blowing your nose, coughing or sneezing



Before and after any resident care



After handling pets, pet food or pet waste



Before and after caring for someone who is sick, particularly with vomiting and/or diarrhea



After using the toilet



Before and after treating a cut or wound



After handling trash or garbage

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