

# Wash your hands!

## When?



Before touching your face



After coughing, sneezing  
or blowing your nose



After using the toilet



Before and after  
changing diapers



Before preparing or  
eating food



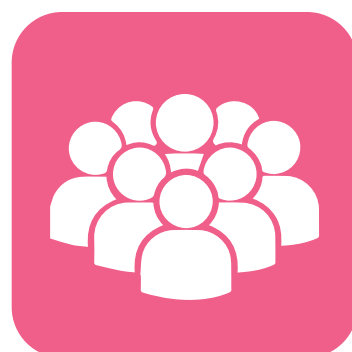
Before and after visiting  
or caring for someone who's ill



After taking out the garbage



After touching door handles



After being in crowded  
public places

**Having clean hands reduces the spread of  
diseases like COVID-19**