

10 Instances You Should Wash Your Hands

- 1.** Anytime you handle food
(eating, cooking etc)
- 2.** Anytime or anything with the bathroom
(including changing children's diapers)
- 3.** Coughing
- 4.** Sneezing
- 5.** Nose Blowing
- 6.** Handling animals or animal byproducts
- 7.** After handling garbage
- 8.** Anytime you care for a open wound/cut
- 9.** When touching high traffic areas
(public transit, parks, etc)
- 10.** Occasionally & often throughout the day