

# KNOW WHEN TO WASH YOUR HANDS

AFTER COUGHING,  
SNEEZING, OR  
BLOWING YOUR NOSE



WHEN YOUR HANDS  
LOOK DIRTY



AFTER USING  
THE BATHROOM



AFTER PLAYING  
OUTSIDE



BEFORE EATING



AFTER TOUCHING  
ANIMALS OR  
THEIR CAGES

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

