

**Be  
Well**

# Wash your Hands!



- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers
- After cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



Keeping  
hands clean is  
one of the most  
important things  
we can do to stop  
the spread of  
germs and stay  
healthy.

For more details on handwashing visit  
[www.co.carver.mn.us/preventdisease](http://www.co.carver.mn.us/preventdisease)



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