

# Be Well

# 10 TIMES TO WASH YOUR HANDS

1. Before, during, and after preparing food

2. Before eating food

3. Before and after caring for someone who is sick

4. Before and after treating a cut or wound

5. After using the toilet

6. After changing diapers

7. After cleaning up a child who has used the toilet

8. After blowing your nose, coughing, or sneezing

9. After touching an animal, animal feed, animal waste pet food or pet treats

10. 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)



CARVER COUNTY



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