



## Help prevent the spread of illness

### **EVERYONE NEEDS TO WASH THEIR HANDS!**

20-30 seconds with soap and water.

- ✓ Before AND after meals
- ✓ Before preparing food...and wear gloves when handling food
- ✓ Before taking food out of the refrigerator that other people may use (ie: the milk carton)
- ✓ Before handling silverware and dishes (ie: emptying dishwasher, setting table, etc.)  
... and wear gloves
- ✓ After using the bathroom...and then use a paper towel to turn off the faucet & open the door
- ✓ After blowing your nose or sneezing
- ✓ After coughing into your hand
- ✓ Prior to and after administering medications... and wear gloves when applying any topicals
- ✓ Before and after personal care with another person...and wear gloves
- ✓ If you have touched a surface that was contaminated
- ✓ After using shared equipment like computers, phones, etc.
- ✓ Whenever they are dirty



If soap and water are not available, use alcohol based hand sanitizer and rub into hands

**BE SURE TO REMIND AND ASSIST PEOPLE AS NEEDED.**