



WASH YOUR HANDS

Wash your hands with soap and running water when **hands are visibly dirty**.



- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are visibly dirty
- After handling animals or animal waste



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water.

