Make a clean break from illness.

WASH YOUR HANDS!!

Handwashing is the best way to stop the spread of germs.

Wash your hands after:

- (and before) handling food or eating
- Using the bathroom
- Changing diapers
- Sneezing, blowing your nose or coughing
- Touching a cut or open sore
- Playing outside
- Petting animals

Here's how:

1. Wet your hands with warm, running water.
2. Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds (how long it takes to sing Happy Birthday two times).
3. Rinse. When paper towels are available, use them to dry hands.
4. Turn off water with a paper towel before throwing it away.

Provided by Allen County Health Department