

# Hand Washing

It is important to wash your hands often.

Wash your hands: \*

- after going to the restroom.
- before eating or preparing food.
- after playing outside.
- after taking the garbage out.
- before and after caring for someone who is sick.
- after touching an animal or animal waste.
- after changing a diaper or cleaning up after children.
- after mopping the floors.
- before and after treating a wound



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