

TIP OF THE WEEK



**Scrub for 20 seconds
with soap and water**

LivingWell
make it a priority

THE UNIVERSITY of TEXAS SYSTEM

Wash Your Hands!

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

When should you wash your hands?

Before, during, and after preparing food

Before eating food

After using the toilet or changing diapers

Before and after caring for someone who is sick

After blowing your nose, coughing, or sneezing

After touching an animal or animal waste

After touching garbage

Before and after treating a cut or wound

www.livingwell.utsystem.edu