

WHEN TO WASH YOUR HANDS

1 Before putting on and after removing a face mask



2 After blowing your nose, coughing or sneezing



3 After using the washroom



4 After playing outside



5 After playing with animals



6 After handling garbage



7 Before and after touching food



8 Before and after eating or drinking



9 If your hands look or feel dirty



Do your part to stop
the spread of germs!
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York Region