

When to Wash Your Hands

1 After blowing your nose, or coughing and sneezing into your hands.



2 After going to the washroom.



3 Before and after handling food.



4 Before eating or drinking.



5 After playing outside.



6 After playing with animals.



7 After handling garbage.



8 If hands look or feel dirty.



9 Before and after visiting someone who is sick.



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York Region Health Connection

Community and Health Services
Public Health

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