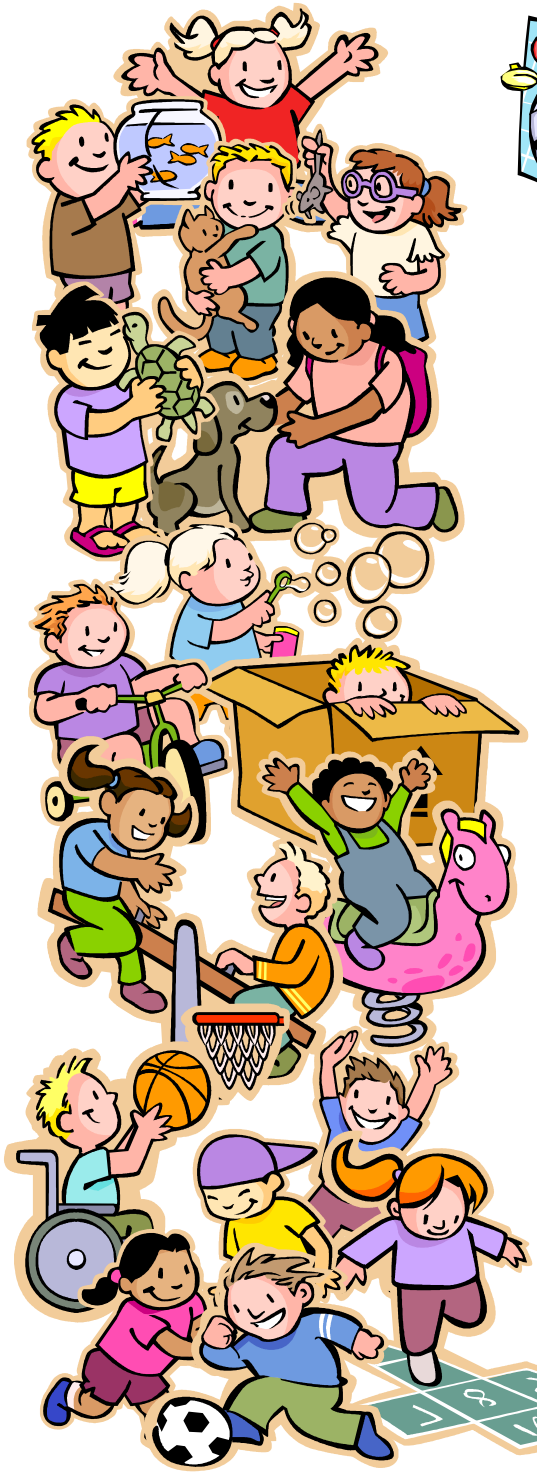
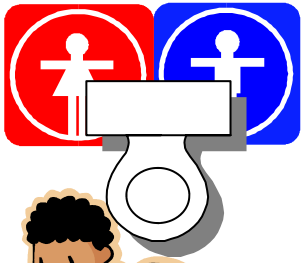


WHY DO WE WASH OUR HANDS?
WHEN DO WE WASH OUR HANDS?
HOW DO WE WASH OUR HANDS?



We wash our hands before we . . .

Eat
Touch foods, especially foods that will not be cooked
Touch or bandage a cut or scrape
Feed children, someone who is ill, or someone very old
Take care of someone who is ill
Cook food (with an adult)
Use the toilet or help someone else to use the toilet

We wash our hands after we . . .

Eat
Touch foods, especially raw meats, poultry, fish and eggs
Play, especially after we play outside (even if we went swimming)
Use the bathroom or help someone else to use the bathroom
Cough, sneeze, or blow our noses—or wipe someone else's nose
Touch cuts, scrapes, sores or rashes
Touch or feed our pets
Clean up pet-poop or clean out our pets' dishes and beds
Take care of someone who is ill
Clean up our rooms
Change diapers

When we wash our hands we . . .

Make bubbles by rubbing our hands together
Sing our ABC's, or other favorite songs we know
Use warm water to rinse the germs and the soap off of our hands
Always use clean towels to dry our hands completely

COUNTY OF LOS ANGELES
DEPARTMENT OF HEALTH SERVICES
Public Health