



Washing your hands is the most effective way to reduce the spread of infectious disease

Wash your hands

When should you wash your hands?

- Before you eat or drink
- Before, during or after preparing food
- After toilet use
- Before and after attending to sick people
- After participating in clean-up activities
- After touching your nose or mouth
- After changing diapers
- Before treating wounds or giving medication
- After handling garbage

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