

# Help Keep Our Animals Healthy: Wash Your Hands

**WASH YOUR HANDS OFTEN** so you don't accidentally spread germs.

It is also important to wash your hands **CORRECTLY**.

## ***Here's how:***

- Wet your hands – use warm water if it's available
- Apply soap
- Rub hands to a lather for 15-20 seconds
- Scrub all surfaces to kill germs
- Rinse hands under running water
- Dry your hands with a paper towel or air dryer
- Use an alcohol-based hand rub if soap and clean water are not available

## ***When should you wash your hands?***

- You can't see germs, so wash your hands after coughing, sneezing or blowing your nose
- Wash before and after you touch animals
- Wash before and after eating, and after using the restroom

**Clean hands equal healthy people and animals  
– wash your hands often!**