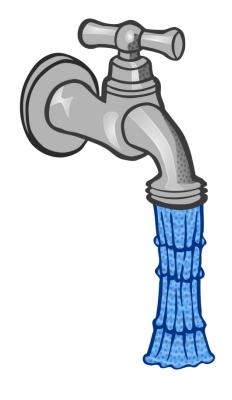# Hand Washing

When: before and after eating

After gym

After using the washroom

After treating or touching a wound

After coughing and sneezing

Why: to prevent the spread of germs and viruses

These can cause serious illnesses.

How: Wet hands with warm water.

Use soap and scrub for 15 seconds * Make sure you get the front and back of hands, between the fingers, and fingernails, around the wrist.

RINSE WELL!