

KEY TIMES to Wash Your Hands



Before

- Eating or preparing food
- Touching your face



After

- Using the restroom
- Coughing or sneezing
- Leaving a public place
- Handling mask
- Changing a diaper
- Caring for someone sick
- Touching animals or pets



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CORONAVIRUS DISEASE 2019

(COVID-19)



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