Handwashing During COVID-19

Handwashing is one of the best ways to protect yourself and your family.

**How are Germs Spread?**
Germs spread when you:
- Touch your eyes, nose and mouth with unwashed hands.
- Prepare or eat food or drinks with unwashed hands.
- Touch contaminated surfaces or objects.
- Blow your nose, cough or sneeze into hands and then touch other people’s hands or common objects.

**Best Times to Wash Hands**
- Before, during and after preparing food.
- Before and after eating food.
- Before and after caring for someone at home who is sick.
- Before and after treating a cut or wound.
- After using the bathroom.
- After changing diapers or cleaning up a child who has used the bathroom.
- After blowing your nose, coughing or sneezing.
- After touching an animal, animal feed or waste.
- After handling pet food or treats.
- After touching garbage.

**When to Wash Your Hands During COVID-19**
- After touching surfaces that are frequently touched.
- Before touching your eyes, nose or mouth.

**How to Wash Your Hands the Right Way**
- Wet your hands with clean water and apply soap.
- Rub your hands with the soap. Rub the backs of your hand, between your fingers and under your nails.
- Wash your hands for at least 20 seconds.
- Rinse your hands well under clean water.
- Dry your hands using a clean towel or air dry them.

Sources:
CDC: [https://www.cdc.gov/handwashing/when-how-handwashing.html](https://www.cdc.gov/handwashing/when-how-handwashing.html)

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