

According to CDC, the single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands.

(<http://www.cdc.gov/ncidod/opp/handwashing.htm>)



Clean Your Hands...

- After you use the bathroom.
- Before you eat.
- Before, during, and after you prepare food.
- When your hands are dirty.
- After handling animals or animal waste.
- More frequently when you, or someone with whom you come in contact, is sick.

