

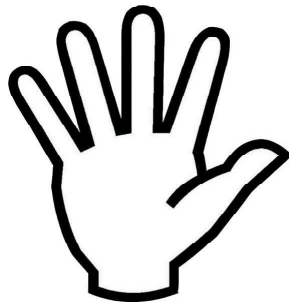
When should you wash your hands with soap and water?



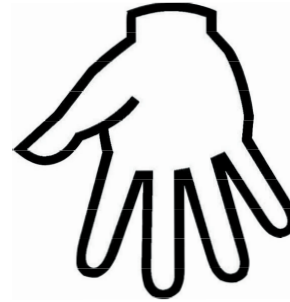
Before and after eating
After using the restroom
Before, during, and after preparing food
Before applying makeup
Before handling contact lenses
After handling animals/animal waste
After changing diapers
Anytime your hands are visibly dirty
Wash more often if you're coughing and sneezing
and when you're around someone who does

When should you use hand sanitizer? (At least 60% alcohol)

After shaking hands
After touching surfaces that others may have touched
(i.e. telephone, computer keyboard or mouse, hand rails, doorknobs)
After handling money
After touching your face
After blowing your nose
After sneezing/coughing into your hands



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