

# WHEN SHOULD I WASH MY HANDS?



**AFTER ARRIVING  
AT SCHOOL,  
WORK OR HOME**



**WHEN COUGHING,  
SNEEZING OR  
BLOWING YOUR  
NOSE**



**BEFORE MAKING  
OR EATING FOOD**



**AFTER PLAYING  
WITH ANIMALS**



**AFTER USING  
THE TOILET**



**AFTER PLAYING  
OUTDOORS**



**BEFORE AND  
AFTER CHANGING  
CONTACT LENSES**