

# Wash Your Hands!

The most important thing that you can do to keep from getting sick is to wash your hands.

You pick up germs from other sources and then you infect yourself when you touch your eyes, nose or mouth.

One of the most common ways people catch colds is by rubbing their nose or their eyes after their hands have been contaminated with the cold virus. You can also spread germs directly to others or onto surfaces that other people touch.

It is especially important to wash your hands:

- Before, during and after you prepare food
- Before you eat, and after you use the bathroom
- After handling animals or animal waste
- When your hands are dirty
- When someone in your home is sick

Wash your hands with soap and scrub all surfaces of your hands vigorously for at least 15 seconds to dislodge and remove germs.