COVID-19: STOP GERMS! WASH YOUR HANDS

Keeping hands clean is one of the most important things we can do to stop the spread of respiratory diseases like COVID-19.

When should you wash your hands?
- **After** using the bathroom.
- **Before, during, and after** preparing food.
- **Before** eating food.
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea.
- **After** touching garbage.
- **After** blowing your nose, coughing, or sneezing.
- **After** touching an animal, animal feed, or animal waste.
- **After** handling pet food or pet treats.
- **After** changing diapers or cleaning up a child who has used the toilet.

**WET** your hands with clean, running warm or cold water.

**WASH** the backs of your hands, between fingers, and under nails.

**WASH** your hands for 20 seconds.

**RINSE** your hands well under clean, running water.

**DRY** your hands using a clean paper towel or air dry them.

Additional information from the Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/ and from the Santa Barbara County Public Health Department: https://publichealthsbc.org