

**HANDWASHING** is the best way to stop the spread of disease.



## **Always wash your hands...**

- **BEFORE** and **AFTER** touching food
- **BEFORE** and **AFTER** rubbing your eyes
- **AFTER**
  - using the washroom
  - handling garbage
  - outdoor activities
  - touching pets or other animals
  - sneezing, coughing or blowing your nose



*Northwestern Health Unit*

Information courtesy of Toronto Public Health