



COMMUNITY



4-H & YOUTH



ENVIRONMENT



AGRICULTURE



FOOD

CENTER FOR SUSTAINABLE AGRICULTURE



UNIVERSITY OF VERMONT

EXTENSION

CULTIVATING HEALTHY COMMUNITIES

When To Wash Your Hands

Wash hands often to protect yourself and others from illness



Before handling food



After smoking



When hands are dirty



After using the bathroom



After animal contact



After blowing your nose, sneezing or coughing



Before eating