



# When should I wash my hands?



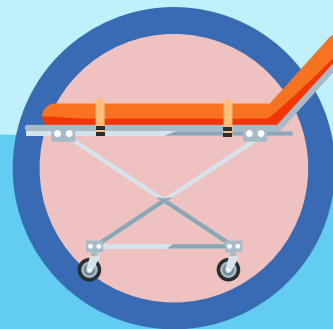
## Before



Preparing food<sup>1</sup>



Eating food<sup>1,2</sup>



Caring for someone sick<sup>1,2</sup>

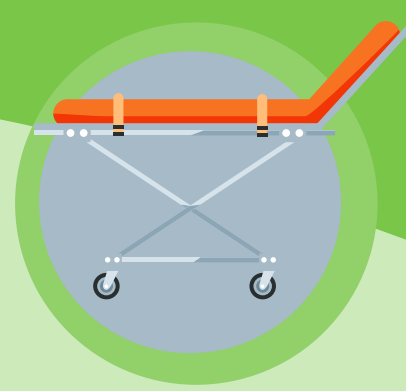


Treating a cut or wound<sup>1</sup>

## During



Preparing food<sup>1</sup>



Caring for someone sick<sup>1,2</sup>

## After

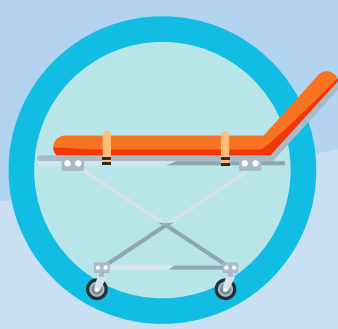
Preparing food<sup>1</sup>



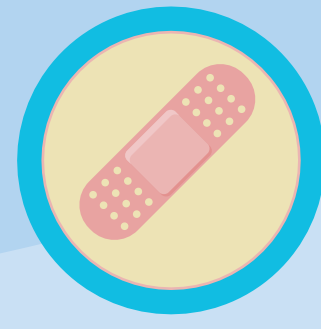
Eating food<sup>1,2</sup>



Caring for someone sick<sup>1,2</sup>



Treating a cut or wound<sup>1</sup>



Touching garbage<sup>1,2</sup>



Touching an animal<sup>1,2</sup>



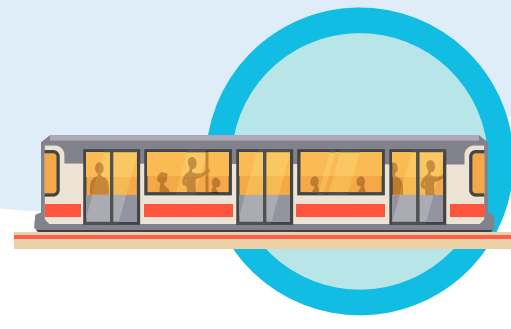
Changing diapers or helping a child to use the toilet<sup>1,2</sup>



Using the toilet<sup>1,2</sup>



Blowing your nose, coughing or sneezing<sup>1,2</sup>



Visiting a public space, including public transport, shops, markets and places of worship<sup>1,2</sup>



Touching surfaces outside the home, including money, door handles, cars etc.<sup>1,2</sup>

1. <https://www.cdc.gov/handwashing/when-how-handwashing.html> /

2. <https://www.unicef.org/coronavirus/everything-you-need-know-about-washing-your-hands-protect-against-coronavirus-covid-19>