

# WHEN TO WASH YOUR HANDS

**1** Before putting on and after removing a face mask



**2** After blowing your nose, coughing or sneezing



**3** After using the washroom



**4** After playing outside



**5** After playing with animals



**6** After handling garbage



**7** Before and after touching food



**8** Before and after eating or drinking



**9** If your hands look or feel dirty



Do your part to stop  
the spread of germs!  
[york.ca/InfectionPrevention](http://york.ca/InfectionPrevention)

  
**York Region**