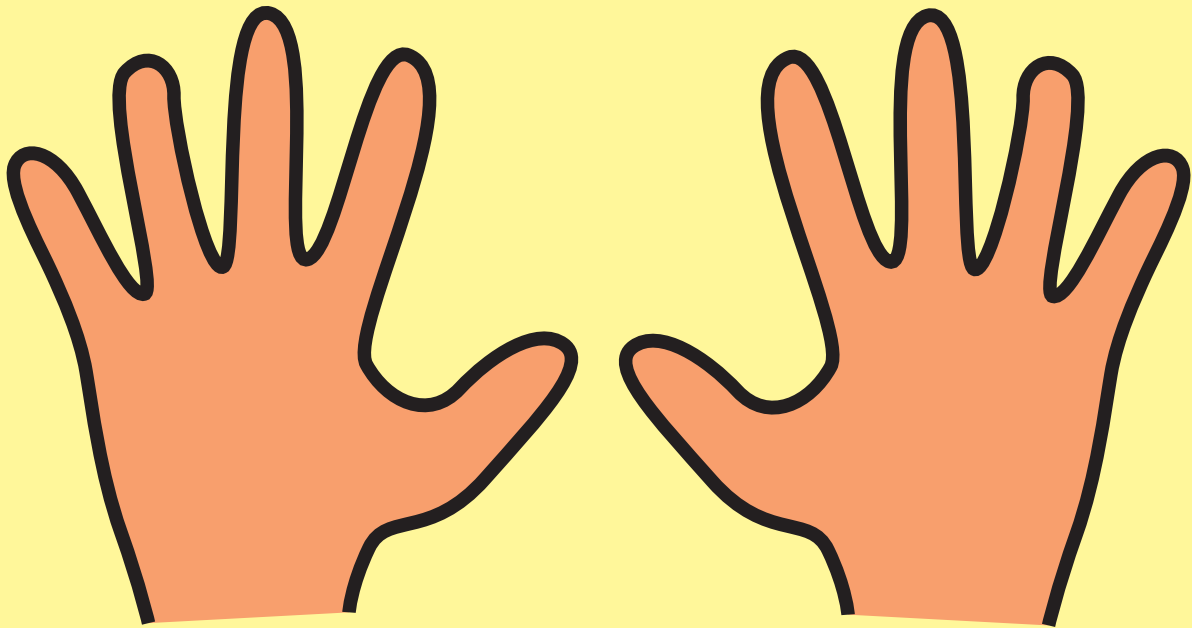


# The 10 Most Common Causes of Infection



# WASH YOUR HANDS

**Handwashing is the Most Effective Way  
to Stop the Spread of Illness**

## **Wash Your Hands After:**

- *(and before!)* Handling food or eating.
- Using the bathroom or changing diapers.
- Sneezing, blowing your nose or coughing.
- Touching a cut or open sore.
- Playing outside or with pets.

## **Here's How:**

1. Wet your hands with WARM, running water.
2. Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds.
3. Rinse. Dry hands with a clean paper towel.
4. Turn off water with used paper towel(s) before throwing it away.