

# NATIONAL HANDWASHING AWARENESS WEEK

DECEMBER 5TH-11TH

According to the CDC, washing your hands is one of the the best ways to prevent yourself from getting sick from the flu, COVID-19, and other communicable diseases.

It is important to wash your hands:

- Before and after preparing or eating food.
- After you use the bathroom.
- After blowing your nose, coughing or sneezing.
- Before and after caring for someone at home who is sick.
- After touching an animal.

**Lather your  
hands with soap  
and water and  
scrub all surfaces  
for 20 seconds.**

This information is brought to you by  
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For more information on proper  
handwashing, please visit [www.cdc.gov](http://www.cdc.gov).

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