When and How to Wash Your Hands

Hand-washing is one of the best ways to protect yourself and your family from getting sick. Wash your hands often to stay healthy. You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet, changing diapers, or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Wet your hands with clean, running water and apply soap.

Lather your hands by rubbing them together with the soap.
Lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer?
Hum the “Happy Birthday” song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.

For more information on COVID-19:
Call (209) 558 7555
Visit http://schsa.org/publichealth/pages/corona-virus/