

# Pledge for Clean Hands

*To Help Keep Each Other Safe*

**At home, it is okay for me to speak up for clean hands.**

*Washing your hands with soap and warm water for at least 20 seconds is the most effective way to prevent the spread of diseases like the flu, cold, and COVID-19.*

## When should I wash my hands?

### After:

- Blowing your nose, coughing, or sneezing
- Touching common surfaces and objects such as door handles or the phone
- Touching garbage

### Before and after:

- Eating or preparing food
- Leaving your room

### Before:

- Touching your eyes, nose, or mouth
- Leaving the bathroom



## When should I ask others to wash their hands?

### After:

- Blowing their nose, coughing, or sneezing
- Touching animals or pets
- Changing a diaper
- Leaving a public place, such as the grocery store

### Before and after:

- Caring for someone who is sick
- Eating or preparing food

### Before:

- Leaving the bathroom

**Your healthcare team supports this effort and cares about your health. Speak up and remind us to keep our pledge for clean hands.**



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