Wash your hands!

**When?**

- Before touching your face
- After coughing, sneezing or blowing your nose
- After using the toilet
- Before and after changing diapers
- Before preparing or eating food
- Before and after visiting or caring for someone who’s ill
- After taking out the garbage
- After touching door handles
- After being in crowded public places

Having clean hands reduces the spread of diseases like COVID-19

**PAHO**

BE AWARE. PREPARE. ACT.

www.paho.org/coronavirus