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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