

Help Keep Our Animals Healthy: Wash Your Hands

WASH YOUR HANDS OFTEN so you don't accidentally spread germs.

It is also important to wash your hands **CORRECTLY**.

Here's how:

- Wet your hands – use warm water if it's available
- Apply soap
- Rub hands to a lather for 15-20 seconds
- Scrub all surfaces to kill germs
- Rinse hands under running water
- Dry your hands with a paper towel or air dryer
- Use an alcohol-based hand rub if soap and clean water are not available

When should you wash your hands?

- You can't see germs, so wash your hands after coughing, sneezing or blowing your nose
- Wash before and after you touch animals
- Wash before and after eating, and after using the restroom

**Clean hands equal healthy people and animals
– wash your hands often!**

Remember: Pork is safe. You can't get flu from eating or handling pork and pork products.

