

# Stay Healthy

Bacteria and viruses are spread by unwashed hands touching any surface.

## Use Hand Sanitizer often

if soap and water are not available

Make sure your hands are cleaned...

- *before eating or preparing food*
- *after using the restroom*
- *when you've been touching many surfaces*
- *after coughing or sneezing*
- *after playing with animals*



**KUTOL**  
Hand Hygiene Specialists