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.