

# CLEAN YOUR HANDS

## BEFORE

- Before eating food
- Before preparing food
- Before feeding someone (child, friend or family member)
- Before treating a cut or wound
- Before giving eye drops or changing contact lenses (for yourself or someone else)
- Before visiting a friend or family member in a health care setting
- On entry to a hospital/long-term care centre/clinical setting
- Before giving medication



## AFTER

- After eating food
- After preparing food
- After feeding someone (child, friend or family member)
- After treating a cut or wound
- After giving eye drops or changing contact lenses (for yourself or someone else)
- After visiting a friend or family member in the hospital
- After using the toilet
- After changing a diaper or cleaning a person after they used the toilet
- After caring for someone who is sick
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food, or animal waste
- After gardening
- After touching garbage
- After contact with other people
- After contact with other environments such as when grocery shopping or visiting the bank
- After using public transportation

Find more resources at:  
[ipac-canada.org/hand-hygiene](http://ipac-canada.org/hand-hygiene)