**WHY:**
- Stay healthy
- Prevent colds
- Prevent flu
- Prevent diarrhea
- Prevent spread of other sicknesses and diseases

**WHEN:**
- Before and after visiting someone’s hospital room
- Before eating
- After using restroom
- After coughing or sneezing
- After being near someone sick or someone coughing or sneezing
- After touching trash

**HOW:**
- Use an alcohol hand rub. Rub hands until dry
- Wash with soap and water