

# wash hands often

*It's the best way to stop the spread of disease!*

## Wash your hands **BEFORE...**

- *Performing a tattoo or body piercing service*
- *Handling equipment*
- *Putting on clean gloves*

## Wash your hands **AFTER...**

- *Performing a tattoo or body piercing service*
- *Using the toilet*
- *Taking a break/smoking*
- *Coughing, sneezing, eating, drinking*
- *Cleaning/taking out trash*
- *As often as necessary to remove soil and contamination*

Wash your hands for 20 seconds with hot soapy water!

