

Wash Your Hands After...

1



**(and before)
Eating**

2



**Using the
bathroom**

3



**Sneezing, blowing
your nose &
coughing**

4



**Touching a cut or
open sore**

5



Playing outside

6



**Playing with
pets**



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu

Developed by University of Nebraska Cooperative Extension in Lancaster County and Lincoln-Lancaster County Health Department