

Wash Your Hands

Wash your hands after:

- (and before) handling food or eating
- Using the bathroom or changing diapers
- Sneezing, blowing your nose or coughing
- Touching a cut or open sore



Hand washing is the most effective way to stop the spread of illness

Proper technique:

- Wet your hands with warm running water
- Add soap and rub hands together for 20 seconds, (front, back, between fingers and under nails)
- Dry with a clean paper towel
- Turn off water with used paper towel before throwing away

Stay healthy during cold and flu season!

- Cover coughs and sneezes with a tissue
- Stay at home when you're sick and encourage others to do the same
- Get a flu shot
- Wash your hands often
- Avoid touching your eyes, nose, and mouth.

