



*What's the easiest way  
to protect yourself from  
colds and flu?*

# **WASH YOUR HANDS** (often!)

*Follow these simple steps **BEFORE** you eat or drink  
and **AFTER** you cough, sneeze, blow your nose  
or care for someone who is sick.*



Wet your hands



Rub with soap for 20 seconds



Rinse



Dry with paper towel



Turn off faucet with paper towel

***REMEMBER: Your HEALTH is in your CLEAN Hands!***

*A message from the Public Health Officials of Somerset County  
October 2004*