



*Wash
your
hands*

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*Handwashing is the
20-second solution for
protecting yourself
from colds and flu..*

*So remember:
Use soap and
wash often!*

*Your HEALTH
is in
your CLEAN hands!*



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



WHY

WHEN

HOW

Sneezing and coughing can spread cold germs into the air, but most colds are caught and spread through germs on people's hands.

The germs that cause colds and flu are often picked up and spread by hands.

If these germs are on your hands, touching your mouth or nose when you eat, sneeze or cough can make you sick.

Touching a doorknob, pressing an elevator button, sharing a pen, or shaking hands can spread germs to others.

Always wash your hands....

BEFORE YOU

- eat or drink
- take care of someone who is sick

AFTER YOU

- cough, sneeze, blow your nose or wipe a child's nose
- take care of someone who is sick
- go to the bathroom
- help someone else use the bathroom; change a child's diaper
- handle uncooked food, especially raw meat, poultry, fish or eggs
- touch an animal or clean up animal waste
- use public transportation

We all learned how to wash our hands when we were children — but lives are busy, and often we rush through handwashing or forget to wash at all.

Rinsing your hands is not the same as washing your hands. To get them clean, you must use soap.

But a quick rub, even with soap, doesn't get hands clean — and the few seconds saved could ultimately cost days later, from sickness.

To make sure hands are really clean, scrub palms, between the fingers, and backs of hands for at least 20 seconds.

After rinsing, dry hands with a paper towel. Use the same paper towel to turn off the water and open the restroom door.

REMEMBER: Your HEALTH is in your CLEAN hands!



Wet Hands



Apply soap & rub for 20 seconds



Rinse



Dry with paper towel



Use towel to turn off faucet