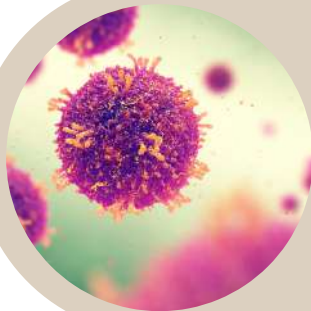


Wash Your Hands

The best line of defense against getting the cold or flu is to wash your hands... time to make mom proud.



When: After arriving to a new location, after coughing or blowing your nose, before making or eating food, after playing with animals, after using the toilet, after touching public surfaces such as gym equipment, bus railings and grocery carts, before touching your face, after shaking hands, and after touching garbage.



Why: Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Hand washing with soap removes germs from hands. This helps prevent the spread of infections due to the frequent touching of the face and public surfaces. Remember, hand sanitizer is helpful in a pinch but doesn't kill all types of germs, therefore opt to wash your hands.



How: Wet your hands with clean, running water, turn off the tap, and apply soap. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds. Need a timer? Hum the 'Happy Birthday' song from beginning to end twice. Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dry them.