Your health is in your hands.

Kill the germs
Proper handwashing helps prevent the spread of:
INFLUENZA
staphylococcus/MRSA
herpes
DIARRHEA
shingles
food poisoning
varicella
scabies
rubella
gastroenteritis
and OTHERS!

Handwashing 101
Apply soap and rub hands for 20 seconds
Rinse with warm water
Dry with a clean towel or hand dryer
Turn off faucet using towel, elbow, etc.

Can’t wash? Use hand sanitizer.

Wash before ...
handling food or eating; touching your eyes, nose, mouth, or an open sore

and after ...
using the toilet, changing diapers, caring for wounds, sneezing, blowing your nose, coughing, playing with pets

5 (fingers) x 2 (hands) = 10 easy ways to stop the spread of germs

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