



## 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