

It's Flu Season



WASH YOUR HANDS



When to Wash Your Hands?

- Before, during and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After touching garbage

How to Wash Your Hands?

- Wet hands with clean, running water (warm or cold), turn off the tap and apply soap.
- Lather hands by rubbing them together with soap. Be sure to lather the backs of your hands, between fingers and under nails.
- Scrub hands for at least 20 seconds. Hum the "Happy Birthday" song twice.
- Rinse hands well under clean, running water.
- Dry hands using clean towel or air dry them.

FOR MORE INFORMATION
VISIT THE CDC WEBSITE AT

[http://www.cdc.gov/
handwashing/when-how-
handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html)

DON'T PASS IT ON