

Stopping the Flu Starts with YOU



Wash Hands

often with soap and warm water or use an alcohol based hand sanitizer.

- Use soap and warm, running water.
- Wash for at least 20 seconds – the amount of time it would take you to sing the “Happy Birthday” song twice.
- While washing, remember to scrub between fingers, back of hands, and under nails.
- Dry hands with clean towel or air dry.
- Use towel to turn off faucet and open the door.
- If water is unavailable, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.