PROPER HAND WASHING TIPS
• Wash hands thoroughly with soap and warm water.
• Wash for 20-30 seconds or sing “Happy Birthday” two times through.
• Soap and warm water are the best way to clean your hands, but if they aren’t available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

KEEPING HANDS CLEAN IS ONE OF THE MOST IMPORTANT THINGS WE CAN DO TO STOP THE SPREAD OF RESPIRATORY ILLNESSES LIKE FLU AND COVID-19.

INFECTION PREVENTION STEPS
☑️ Wash your hands often with soap and water.
☑️ Avoid touching your eyes, nose and mouth with unwashed hands.
☑️ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
☑️ Avoid close contact with people who are sick.
☑️ Get a flu shot!
☑️ Clean and disinfect frequently touched objects and surfaces such as counters, door knobs, desks, keyboards, tablets, and phones.

APPLYING PROPER HAND SANITIZERS
• Apply the sanitizer to the palm of one hand (follow label directions on how much to use).
• Rub hands together.
• Rub the sanitizer over all the surfaces of your hands and fingers until your hands are dry.