



PREVENT the spread of the **FLU** by following these hand washing tips



1.

USE WARM WATER (avoid hot or cold temperatures) to wash your hands.



2.

Wash your hands for at least **20 SECONDS**.



3.

WASH YOUR WRISTS, both sides of your hands, between fingers, around your nails, and anywhere germs might be present on your arms.



4.

CLEAN THE DIRT underneath your fingernails.



5.

RINSE THOROUGHLY and pat dry with a clean towel.



6.

If there is no soap or water available, **USE AN ALCOHOL-BASED HAND SANITIZER**.



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