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**.