

Spread Joy
NOT GERMS
*Keep Hands Clean
 For Seasons Greetings*

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Washing your hands is the best way to stop the spread of viruses and infections. To reduce your risk of contracting winter-time illnesses wash your hands frequently. It is suggested that you wash your hands:

- After using the restroom
- Before and after handling raw meat
- After being in contact with an ill person
- After coughing or sneezing into your hand
- Before and after removing contact lenses
- After changing a diaper
- After handling garbage

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- Always use soap and water if your hands are visibly dirty.
- If soap and clean water are not available, use an alcohol-based hand rub to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast-acting.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.