

# Stay healthy during flu season— Wash your hands!



Keeping your hands clean is one of the best ways to avoid getting sick from germs or spreading them.

## Follow these hand hygiene tips:

- Wet your hands with warm, clean, running water
- Apply soap to hands (No soap or water available? Use a hand sanitizer.)
- Rub hands together to make a lather and scrub all surfaces of your hands
- Continue rubbing hands for 20 seconds
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer
- If possible, use your paper towel for touching surfaces, such as turning off the faucet and opening the bathroom door

## Additional tips from your healthcare provider:

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## When should you wash your hands?

- Before preparing or eating food
- After going to the bathroom or changing a diaper
- After sneezing, blowing your nose, or coughing
- After being around someone who is sick
- After handling an animal or animal waste
- After handling garbage



flu free MO

Wash your hands often to help fight germs.