

# IT IS FLU SEASON WASH YOUR HANDS!!

WASHING YOUR HANDS  
REDUCES THE RISK OF YOU  
AND YOUR FAMILY GETTING  
SICK!!  
STOP THE SPREAD OF  
ILLNESS CAUSING GERMS  
AND VIRUSES!!

- USE SOAP AND WARM WATER
- WET YOUR HANDS AND WASH WITH THE SOAP FOR 15 SECONDS (SAY THE ABCs OR SING *HAPPY BIRTHDAY*)
- 15 SECONDS OF HAND WASHING REDUCES THE NUMBER OF GERMS ON YOUR HANDS
- THEN RINSE YOUR HANDS THOROUGHLY
- DRY YOUR HANDS AND THEN TURN OFF THE WATER USING THE PAPER TOWEL
- ALSO USE THE PAPER TOWEL TO OPEN THE DOOR (YOU DON'T KNOW IF THE PERSON BEFORE YOU WASHED THEIR HANDS)