Want to avoid the flu and 1,000 other germs and diseases?

WASH YOUR HANDS

Wet hands with warm water.

Lather both hands with soap.

Scrub hands for at least 15-20 seconds.
Wash wrists, palms, back of hands, fingers and under fingernails. Kids, sing “Happy Birthday” twice while you wash.

Rinse hands completely.
Point your fingers down, and let the water run off your hands.

Dry hands on a clean towel.
Use the towel to turn off the water and open the door to leave the restroom.

When to wash your hands:

- After using the bathroom
- After coughing, sneezing or blowing your nose
- Before and after preparing or eating food
- After touching an animal or animal waste
- After household chores or yardwork
- Any time hands look dirty

This reminder provided by:

West Texas AHEC
Area Health Education Center

Texas Tech University
Health Sciences Center