



CLEAN YOUR HANDS!

WHY:

- ✓ Stay healthy
- ✓ Prevent colds
- ✓ Prevent flu
- ✓ Prevent diarrhea
- ✓ Prevent spread of other sicknesses and diseases

WHEN:

- ✓ Before and after visiting someone's hospital room
- ✓ Before eating
- ✓ After using restroom
- ✓ After coughing or sneezing
- ✓ After being near someone sick or someone coughing or sneezing
- ✓ After touching trash

HOW:

- ✓ Use an alcohol hand rub. Rub hands until dry
- OR
- ✓ Wash with soap and water

