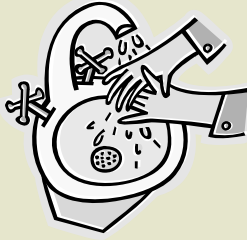




# ...During Flu Season



## Wash your hands!

1. Wet Hands
2. Soap
3. Lather for 15 sec.
4. Rinse
5. Dry
6. Turn H<sub>2</sub>O Off

### When to Wash Your Hands?

- Before putting in or taking out contact lenses and before doing any activity that involves putting your fingers in or near your mouth or eyes
- After blowing your nose, coughing or sneezing
- Periodically during the work day after possible contact with surfaces that may have been in contact with sick people

### Other Tips...

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose or mouth.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Use tissues to contain respiratory secretions and dispose of them in the nearest waste receptacle after use.
- Wash your hands often using soap and water to help protect you from germs.

The best defense against getting sick is by washing your hands. Germs are everywhere, from doorknobs to stair railings that may have been touched by other people who aren't good hand-washers. Hand-washing with soap and water is a sensible strategy for hand hygiene and is recommended by the Centers for Disease Control (CDC) and other experts. The mechanical action of scrubbing loosens up the dirt and microbes on our hands. The soap picks microbes up and binds to them so that the water can wash them away.



**Good Health Habits...**

**Remember to Get Your Flu Shot**