



# **AVOID SPREADING THE FLU**

# **wash your hands**

- Wet hands and wrists with warm water.
- Apply soap.
- Lather for 15-20 seconds. Rub in between fingers, the back of your hands, wrists, and fingertips.  
*(This is generally long enough for a person to sing the "Alphabet Song" or one verse of "Old MacDonald.")*
- Rinse thoroughly.
- Dry with paper towel or hot air blower.
- Turn faucet off with paper towel, if necessary.
- Open bathroom door using paper towel.
- Discard paper towel in waste can.





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