



*clean*  
*your hands.*

*5* (fingers)  
*x 2* (hands)

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*10* easy ways to stop the spread of germs

## Kill the Germs

Proper handwashing helps prevent the spread of:

- INFLUENZA
- staphylococcus
- herpes
- DIARRHEA
- shingles
- food poisoning
- varicella
- scabies
- rubella
- gastroenteritis
- and OTHERS!

## Handwashing 101

- Use soap and rub hands for a full 20 seconds.
- Rinse with warm water.
- Dry with a clean towel or hand dryer.
- Turn off faucet using towel, toilet paper, elbow etc.

*Can't wash? Use alcohol-based hand sanitizer*

## Wash before . . .

- Handling food or eating
- Touching an your eyes, nose, mouth or an open sore

## and after . . .

- Toileting, changing diapers, dressing wounds.
- Sneezing, blowing your nose, coughing
- Spending time outside or playing with pets



For more information about flu prevention, vaccination, and treatment, visit:  
[www.flu.gov](http://www.flu.gov)  
[nyhealth.gov](http://nyhealth.gov)  
[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

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