

# Wash Your Hands!

Washing your hands can prevent the spread of the flu and other infections!



After being in public places.

Before you eat.

After covering your cough or blowing your nose.

After using the bathroom.

After coming into contact with people who are sick.

The Centers for Disease Control and Prevention (CDC) recommends you wash your hands with soap and warm water for 15-20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.



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