

WASH YOUR HANDS OFTEN!



Use **SOAP AND WATER** to wash your hands for at least 20 seconds.



Before you prepare or eat food.



After you use the bathroom, cough, sneeze, or blow your nose.



Remind others!

Remind others who help you to wash their hands regularly.



No Soap and Water?

Use hand sanitizer with at least 60% alcohol. Rub your hands until dry.