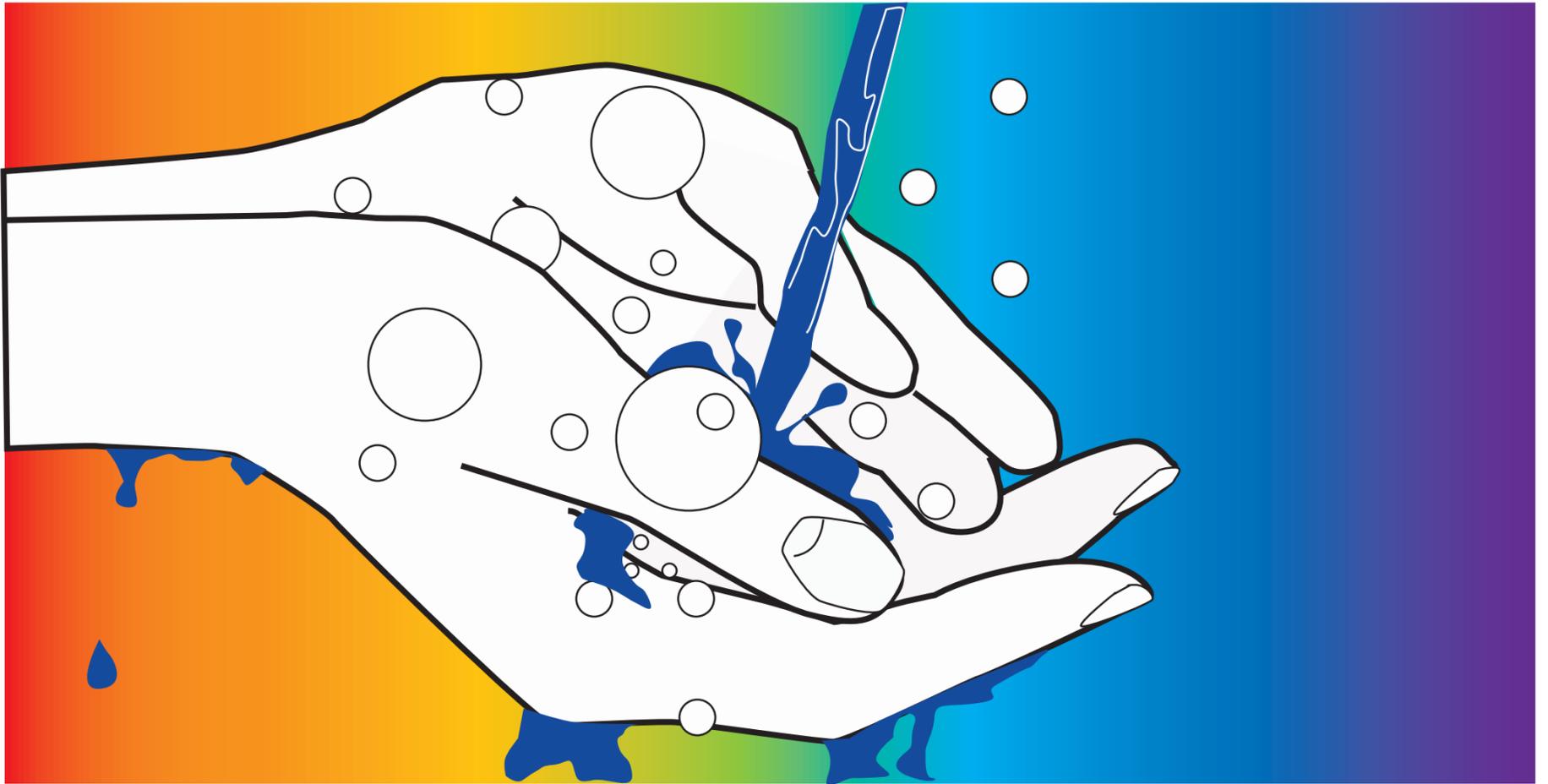


Prevent The Flu

Wash Your Hands



“Hand washing is the single most important means of preventing the spread of infection.”

US Centers for Disease Control and Prevention (CDC)

1. Use soap and running water
2. Scrub between fingers, back of hands and under nails
3. Wash for 30 seconds
4. Dry with a disposable towel
5. Use towel to turn off faucet and open the door
6. If water is unavailable, use hand sanitizer