

WASH'EM!

HOW TO KILL FLU GERMS:



1.

Handwashing should take 15 seconds. Soap up well. No need for antibacterial soap.



2.

Scrub between fingers, including sides and creases.



3.

Rub each palm on top of opposite hand.



4.

Scrub nails against opposite palm. Remove visible dirt with brush or nail file. Rinse hands thoroughly.



5.

Use a towel to turn off faucet. If possible, use the towel to open the door, then throw it out.

WASH BEFORE: Touching food • Brushing or flossing teeth • Touching contact lenses • Touching a wound

WASH AFTER: Being near a sick person • Using the toilet • Changing a diaper • Blowing your nose
Coughing or sneezing • Touching a wound • Handling garbage

For more info, visit
www.health.arizona.edu
and search for "FLU NEWS"



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