

Did you wash your hands?

PANDEMIC FLU

YOUR HEALTH IS IN YOUR HANDS



ADPH-CEP-WashYourHands-082609-DD

- 1:** Wet your hands with warm running water and apply soap.
- 2:** Rub hands together to make lather and scrub all surfaces for 20 seconds.
- 3:** Rinse hands well under running water.
- 4:** Dry your hands using a paper towel or air dry.
- 5:** Use your paper towel to turn off the faucet.

No soap and water? Use alcohol-based hand gel.

- 1:** Apply gel to palm.
- 2:** Rub the gel over all surfaces of hands and fingers until dry.