

# STOP DISEASE IN ITS TRACKS!

**URGENT!**

## **CLEAN YOUR HANDS!**

### **WHEN:**

- ✓ Before and after touching a patient
- ✓ Before eating
- ✓ After using restroom
- ✓ After coughing or sneezing
- ✓ After being near someone sick or someone coughing or sneezing
- ✓ After touching trash

### **HOW:**

- ✓ Rub an alcohol-based hand cleaner vigorously over all parts of hands
- OR
- ✓ Use antimicrobial soap and water and lather over all parts of hands
- ✓ Rub hands vigorously for 15 seconds
- ✓ Rinse and dry well
- ✓ Turn off tap water with paper towel

### **WHY:**

- ✓ Stay healthy
- ✓ Prevent colds
- ✓ Prevent flu
- ✓ Prevent diarrhea
- ✓ Prevent spread of other sicknesses and diseases