Wash Your Hands

Wash your hands after:

• *(and before)* handling food or eating
• Using the bathroom or changing diapers
• Sneezing, blowing your nose or coughing
• Touching a cut or open sore

Proper technique:

• Wet your hands with warm running water
• Add soap and rub hands together for 20 seconds, (front, back, between fingers and under nails)
• Dry with a clean paper towel
• Turn off water with used paper towel before throwing away

Hand washing is the most effective way to stop the spread of illness

Stay healthy during cold and flu season!

• Cover coughs and sneezes with a tissue
• Stay at home when you’re sick and encourage others to do the same
• Get a flu shot
• Wash your hands often
• Avoid touching your eyes, nose, and mouth.

For more information contact the Appleton Health Department at [www.appleton.org](http://www.appleton.org)