



The best defense is a good offense



GET YOUR FLU SHOT!

FIGHT THE FLU

THE 3 C'S

COVER

Cover your cough and sneeze

CLEAN

Frequently wash your hands with soap and warm water

CONTAIN

Contain your germs by staying home if you are sick

STOP GERMS WASH YOUR HANDS



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.



SANITIZE