Kill the Germs
Proper handwashing helps prevent the spread of:
- INFLUENZA
- staphylococcus/MRSA
- herpes
- DIARRHEA
- shingles
- food poisoning
- varicella
- scabies
- rubella
- gastroenteritis
- and OTHERS!

Handwashing 101
Use soap and rub hands for a full 20 seconds.
Rinse with warm water.
Dry with a clean towel or hand dryer.
Turn off faucet using towel, toilet paper, elbow etc.
Can’t wash? Use alcohol-based hand sanitizer

Wash before . . .
Handling food or eating
Touching your eyes, nose, mouth or an open sore

and after . . .
Toileting, changing diapers, dressing wounds.
Sneezing, blowing your nose, coughing
Spending time outside or playing with pets

For more information about flu prevention, vaccination, and treatment, visit www.gannett.cornell.edu