WASH UP: Use warm/hot water and soap. Rub your hands together for 20 seconds. Rinse and dry. Use a towel/sleeve/elbow etc. to turn off the faucet. Keep alcohol-based hand sanitizer (60+% alcohol) at the ready for times you can’t wash.

Proper handwashing prevents the spread of colds and flu, food poisoning, staphylococcus, MRSA etc. How clean are your hands now?

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

Your health is in your hands.