

Are your hands making you sick?

It's possible! But they don't have to!

Are your hands clean? Probably not!

It's so simple to clean your hands. The big payoff is much less chance of getting sick.

Yes, really!



How to clean?

Warm water and soap or hand sanitizer – you choose. Just be sure to learn the best way.

When to clean?

Frequently!

- After the washroom
- Before cooking or eating
- After shopping (think handles of grocery carts)
- After blowing your nose, coughing or sneezing
- Whenever you come home

It's so easy to protect yourself and your loved ones!

Hand Hygiene: It's in your Hands!

