

# PROTECT YOURSELF AGAINST VIRUSES AND INFECTIONS



We're moving into cold and flu season. So what can you do to keep the cold and flu bugs at bay? The only really good answer to that question: wash your hands!

Hand-washing, when done correctly, is the single most effective way to prevent the spread of diseases, according to the Centers for Disease Control and Prevention (CDC).

## The right way to wash your hands

Follow these four steps to wash your hands the right way:

- **Step One:** Wet your hands with warm running water, add soap, then rub your hands together for at least 10 seconds, away from the water.
- **Step Two:** Lather the fronts and backs of your hands, and wash between the fingers and under the nails.
- **Step Three:** Rinse well under running water — not in a basin.
- **Step Four:** Dry your hands thoroughly with a clean towel or use a disposable towel.

Teach your children the correct hand-washing technique and encourage others to wash their hands well — especially those who care for children or the sick, and those who prepare food.

Remind them that wearing gloves does *not* take away the need for hand-washing. If no soap is available, an antibacterial sanitizer will do. When rubbed into the hands for 15-30 seconds, most hand sanitizers kill virtually all germs.



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