Hand Washing

Is the MOST important thing you can do to prevent the spread of illness.

- **Cover** your nose and mouth when coughing or sneezing.
- **Use** a tissue and dispose of once used.
- **Always** wash your hands after coughing, sneezing, or disposing of tissues.
- **Keep** your hands away from your mouth, nose, and eyes.
- **Avoid** contact with individuals at risk or already visibly sick.
- **Ask** people to use a tissue and cover their nose and mouth when coughing or sneezing and to wash their hands afterwards.
- **Wash** your hands immediately if you come in contact with blood or body fluids from another person.

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