

**AN OUNCE OF PREVENTION** KEEPS THE GERMS AWAY

# Hand washing

is one of the best ways to prevent the spread of communicable diseases.

One of the most common ways people catch colds is by rubbing their nose or their eyes after their hands have been contaminated with the cold virus. You can also make others sick by passing the germs on to them.

**Follow these 4 steps to properly wash your hands:**

- 1** first wet your hands with warm water and apply liquid or clean bar soap. Place the bar on a rack and allow it to drain
- 2** rub your hands vigorously together and scrub all surfaces
- 3** continue for 10-15 seconds, it is the soap combined with the scrubbing action that helps dislodge and remove germs
- 4** rinse well and dry your hands

