



# STOP THE SPREAD OF **H1N1 FLU**

## wash your hands properly

5 quick steps to washing your hands properly:

- 1. Wash your hands with warm water.**
- 2. Apply a generous amount of soap.**
- 3. Rub your hands together for 20 seconds.**
- 4. Dry your hands with a paper towel.**
- 5. Use the paper towel to turn off the faucet and open the door.**

If water and soap are **NOT** available, use an ethanol alcohol-based (minimum of 62%) hand sanitizer, preferably in gel form.



For more information:

**[www.tooelehealth.org](http://www.tooelehealth.org)**

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