



# WASH'EM!

## HOW TO KILL FLU GERMS



**1.**

**Handwashing should take 15 seconds. Soap up well. No need for antibacterial soap.**



**2.**

**Scrub between fingers, including sides and creases.**



**3.**

**Rub each palm on top of opposite hand.**



**4.**

**Scrub nails against opposite palm. Remove visible dirt with brush or nail file. Rinse hands thoroughly.**



**5.**

**Use a towel to turn off faucet. If possible, use the towel to open the door, then throw it out.**

**WASH BEFORE:** Touching food • Brushing or flossing teeth • Touching contact lenses • Touching a wound

**WASH AFTER:** Being near a sick person • Using the toilet • Changing a diaper • Blowing your nose  
Coughing or sneezing • Touching a wound • Handling garbage

**UOFC**  
**THIS IS NOW**