

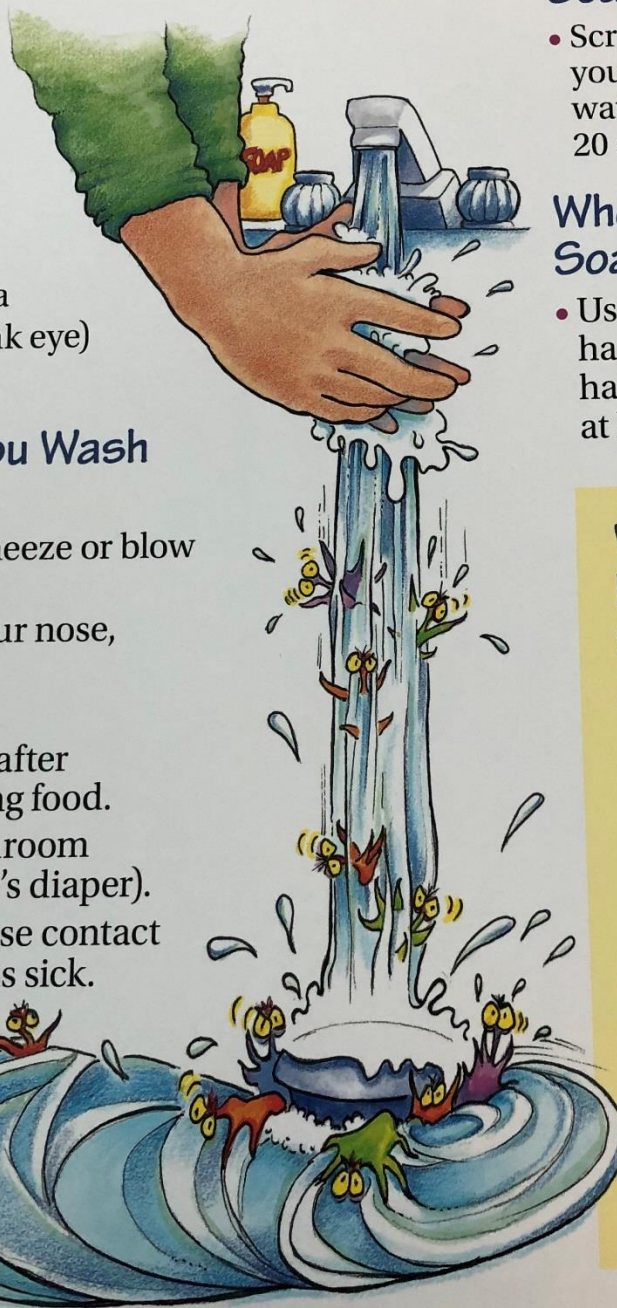
# Wash Your Hands to Prevent COVID-19, Colds, Flu and Other Illnesses

## Hand Washing Helps Prevent:

- Colds and flu
- COVID-19 (novel coronavirus)
- Hepatitis A
- Meningitis
- Infectious diarrhea
- Conjunctivitis (pink eye)
- Other infections

## When Should You Wash Your Hands?

- After you cough, sneeze or blow your nose.
- Before touching your nose, mouth or eyes.
- Before eating.
- Before, during and after cooking or preparing food.
- After using the bathroom (or changing a baby's diaper).
- When you are in close contact with someone who is sick.



## Soap Up!

- Scrub all surfaces of your hands with warm water and soap for at least 20 seconds.

## When There Is No Soap or Water...

- Use an alcohol-based hand sanitizer or wipe that has an alcohol content of at least 60%.

## What Else Can You Do to Prevent the Spread of Illnesses?

- Cough or sneeze into your elbow or a tissue.
- Avoid touching your nose, mouth and eyes.
- Avoid close contact with people who are sick.
- Get regular exercise and plenty of sleep, and eat a healthy, balanced diet.
- Ask your health care provider about flu vaccines.

**Protect Your Health,  
Scrub Away the Germs!**

