

Stay healthy

Wash your hands

Hand washing is the easiest and single most important way of preventing the spread of germs, especially those that cause the flu.

- Wash hands regularly using soap and hot water – how you wash is just as important as when you wash.
- Wash hands for about 15-20 seconds – try humming the “Happy Birthday” song twice to yourself to make sure you wash long enough.
- Rinse hands well.
- Dry hands thoroughly.
- Use a paper towel to turn off the water and open the bathroom door.

