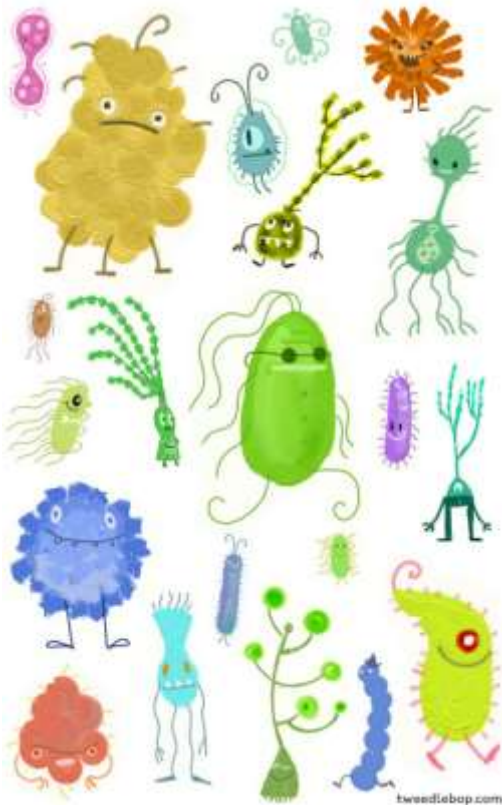


**Hand washing is one of the “most important means of preventing the spread of infection,” according to the Centers for Disease Control and Prevention.**



### Use a tissue!



When you feel a cough or sneeze coming, use a tissue, throw it away immediately, and wash your hands.

### Learn the “Dracula Cough” and make it automatic!

Because germs and viruses cling to your skin, muffling coughs and sneezes with your bare hands results in passing germs along to others. ***If you don’t have a tissue or can’t wash or sanitize your hands immediately, do the “Dracula Cough” into your inner elbow.***



**You have to protect yourself and your kids from germs!**

**No one is going to do it for you.**

### Wash your hands often and for at least 20 seconds!



Someone with germs sneezes into their hand, then touches the phone, the keyboard, a kitchen glass. That germ can live for hours – only to be picked up by

the next person who touches that object. So wash your hands for at least 20 seconds often. ***A quick rub won’t kill germs and the few seconds you save could cost you days if you get sick.*** Protect yourself!

### Use hand sanitizers!

Use alcohol-based hand sanitizers to kill germs on your hands ***before*** you touch your face or eat.



### Use friction!

If no sink or sanitizer is available, rub your hands together very hard for a minute or so. The friction helps break up most of the germs.

**Did someone who was sick touch this before you did?**



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For more information visit our website:  
[www.harrisoncountyhealth.com](http://www.harrisoncountyhealth.com)

Some information from the American Society for  
Microbiology at [www.asmtusa.org](http://www.asmtusa.org) and the  
Massachusetts Department of Public Health at  
[www.mass.gov/handwashing](http://www.mass.gov/handwashing)

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**Protect Yourself  
from Germs and  
Diseases...**

**THE EASY WAY**

