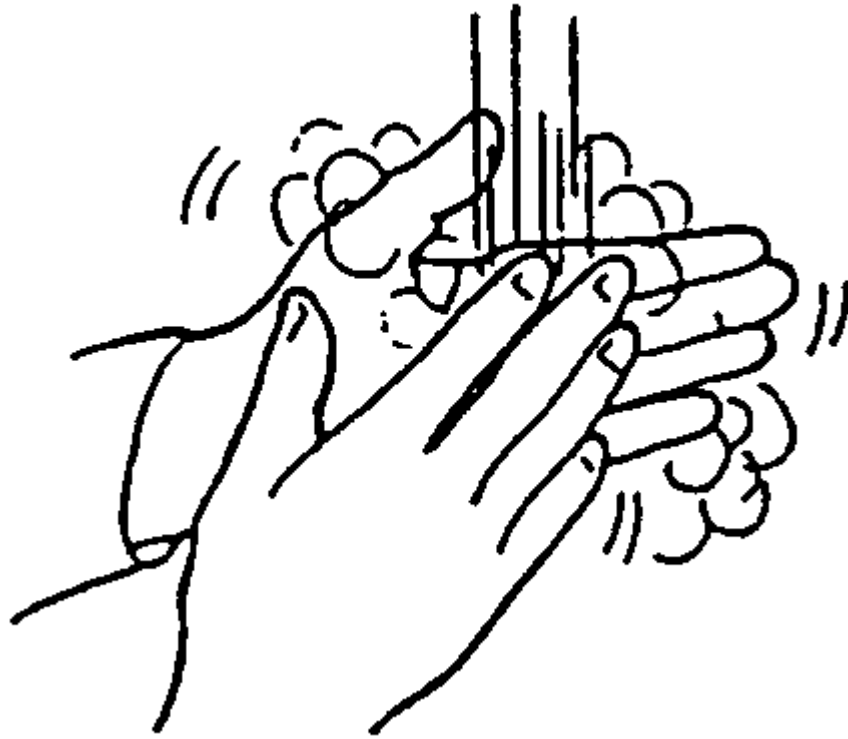


# Please Wash Your Hands



- 15 seconds washing with warm water & soap
- Turn off taps with your used paper towel
- Cough/sneeze into a tissue or your sleeve, not your hands
- Avoid touching your eyes, nose or mouth before washing your hands

## **FACT:**

***Handwashing is the most effective way to prevent the spread of colds and flu***

For more information contact:

Ledge Light Health District 860.448.4882 or visit us on the web

[www.ledgelighthd.org](http://www.ledgelighthd.org)

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