



Keep 'Em Clean!

This flu season, it is very important that you clean your hands a lot so that you don't get the flu and other germs. You should always wash your hands after you cough or sneeze, use the bathroom, or touch things that other people touch like doorknobs and hand rails.

Here is the right way to wash your hands:

1. If you are using paper towels to dry your hands, have them ready.
2. Turn on the water so that it is running. You should use warm water if you can.
3. Wet your hands and put soap in them.
4. Scrub your hands together so that it makes lather. Be sure to scrub the tops of your hands, between your fingers and under your nails to make sure your hands are clean. You should scrub your hands together for 20 seconds. One way to know you've washed them long enough is to sing the ABCs in your head.
5. Rinse your hands under clean water so that all of the soap is gone.
6. Use paper towels or a hand dryer to dry your hands. If you can, use the paper towels to turn off the water and open the bathroom door as you're leaving the bathroom.

For more information on preventing the flu, go to www.ct.gov/ctfluwatch.

