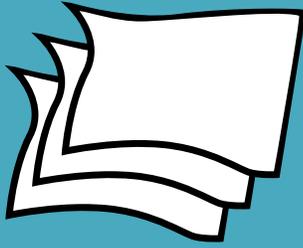
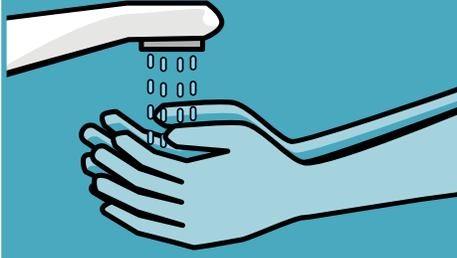


# HAND WASHING 101

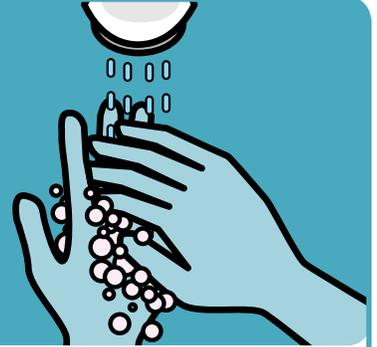
Washing your hands often is one of the easiest and best ways to stop the spread of the flu. Wash your hands after you cough or sneeze, use the bathroom, or touch things that other people touch like doorknobs and handrails.



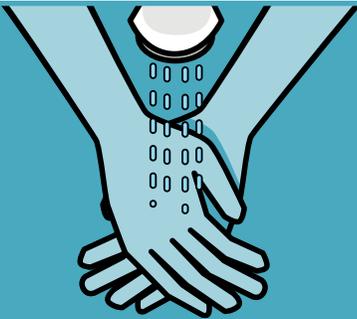
If using paper towels to dry your hands, have them ready.



Use warm water and soap.



Rub your hands together to make a lather. Make sure to scrub the tops of your hands, between fingers and under nails for at least 20 seconds.



Rinse your hands completely with warm water.



Use paper towels or a hand dryer to dry your hands.



If you can, use a paper towel to turn the water off and open the bathroom door as you leave.

For more information on preventing the flu, go to [www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch).



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# The 411 on Hand Washing

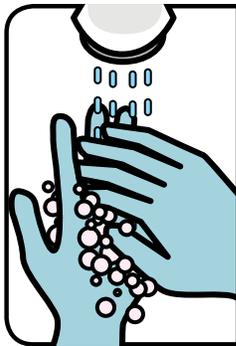
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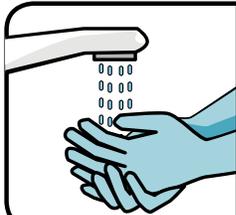
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