

# STOP DISEASE IN ITS TRACKS

## WASH your HANDS



### HOW

- Use soap and running water
- Rub your hands vigorously
- Wash all surfaces, including the back of hands, wrists, fingernails and between fingers
- Rinse well
- Dry hands with paper towels
- Turn off water using a paper towel instead of bare hands

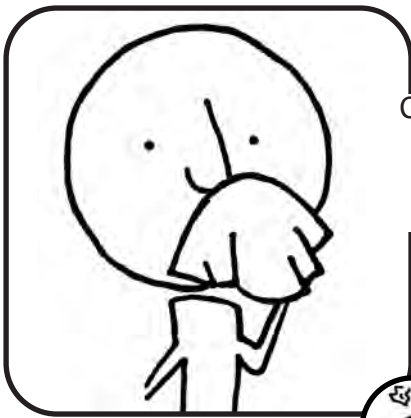
### WHEN

- Before beginning work
- Before and after giving treatments
- Before and after handling used equipment
- Before and after eating
- After using the bathrooms

**and do it  
the right way!**

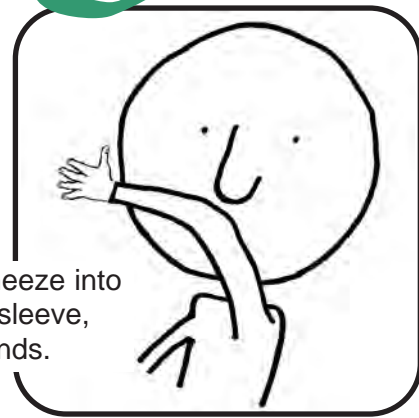
Stop the spread of germs that make you and others sick!

# Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or  
cough or sneeze into your upper sleeve, not your hands.

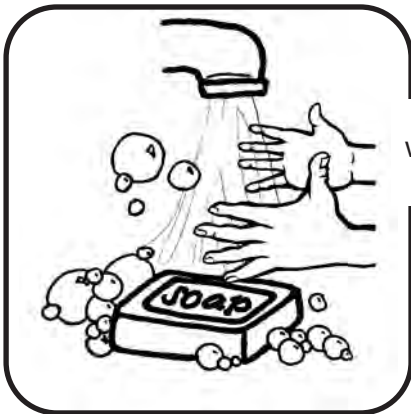


Put your used tissue in the waste basket.



# Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water

or  
clean with alcohol-based hand cleaner.



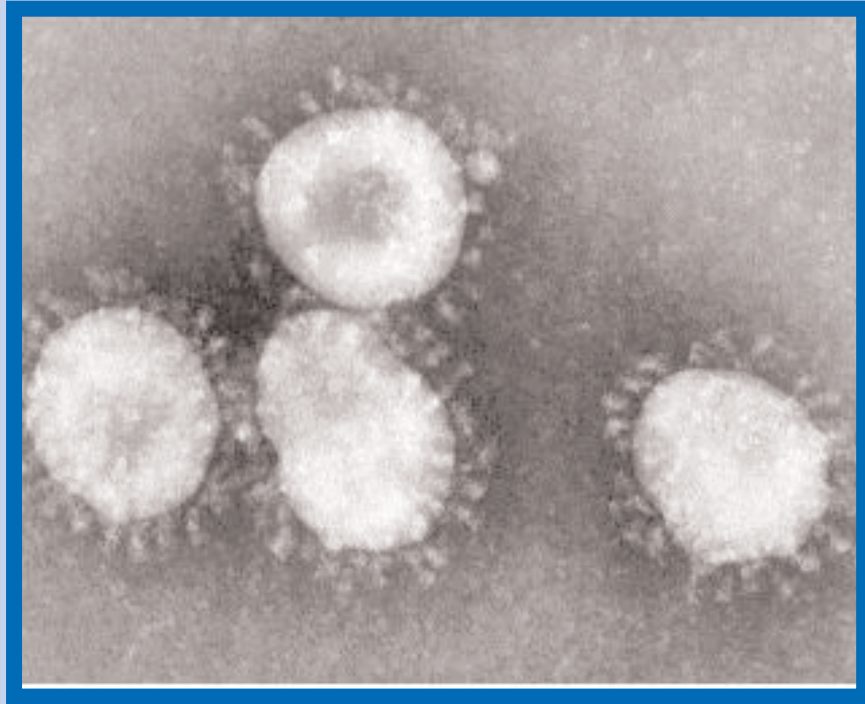
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Minneapolis, MN 55414  
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[www.health.state.mn.us](http://www.health.state.mn.us)



Minnesota  
Antibiotic  
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# Coronavirus



**Stuffy nose, sniffles and headaches? Washing this virus off your hands can keep you feeling great and help prevent you from catching a cold.**

# Influenza



**Send the flu  
down the drain.**

**Use soap and water to  
keep this virus away**

## Hand Washing Internet Resource List

The following is a compilation of resources that can help provide you with the tools needed to conduct a hand washing campaign at your facility. This list and other hand washing resources can be accessed by visiting [www.westchestergov.com/health](http://www.westchestergov.com/health)

1. [www.brevis.com](http://www.brevis.com) - here you will find a wealth of infection control products for medical, educational and food service industries
2. [www.cdc.gov/ncidod/op/handwashing.htm](http://www.cdc.gov/ncidod/op/handwashing.htm) - read the Center for Disease Control's website about keeping the germs away
3. <http://www.nal.usda.gov/foodborne/fbindex/Handwashingforchildren.htm> - hand washing citations and resources for schools provided by the USDA/FDA
4. <http://peaches.nal.usda.gov/foodborne/fbindex/Handwashing.asp> - another great website from the USDA/FDA - Foodborne Illness Education Information Center. Find web site links, posters, fact sheets and more
5. <http://www.colostate.edu/Orgs/safefood/Projecthandspotlight.html> - read about how the Colorado elementary schools help promote hand washing and download materials for students
6. [http://www.kdhe.state.ks.us/wash\\_em/ideasforeducators.htm](http://www.kdhe.state.ks.us/wash_em/ideasforeducators.htm) - great ideas for hand washing educators provided by the Kansas Department of Health and Environment
7. <http://www.fightbac.org/main.cfm> - a wonderful site geared toward children that incorporates hand washing in keeping food safe
8. <http://www.washup.org> - a site brought to you by the American Society for Microbiology where you can download a poster and brochure
9. <http://www.nclnet.org/images/health/handbrochure.pdf> - download "Your Health is in Your Clean Hands" brochure from the National Consumers League
10. [http://www.aware.md/Education/childcare\\_docs/handwashingPacketFinal.pdf](http://www.aware.md/Education/childcare_docs/handwashingPacketFinal.pdf) - from Project AWARE and the California Medical Association - you will find a "Wash the Germs Away" training packet to help teach children about hand washing
11. <http://www.health.state.mn.us/divs/fh/mch/CAREweb/washhands.pdf> - "How, Why, When to Wash Your Hands" is a hand washing curriculum for educators from the Minnesota Department of Health
12. <http://www.handwashingforlife.com> - a good web site for anyone interested in promoting hand washing and public safety in the food service working environment
13. <http://www.oznet.ksu.edu/library/fntr2/mf2383.pdf> - download this poster reminding people to wash their hands - from Kansas State University.
14. <http://www.nfsmi.org/Information/postindx.htm> - download several hand washing and food safety posters in both English and Spanish