

### Hand Hygiene 101

Proper hand hygiene is the best way to prevent the spread of germs, especially during the overlapping COVID-19 pandemic and flu season. Here are some ways to stay safe with hand hygiene:

- Cover your coughs and sneezes. When you cough or sneeze, cover your mouth and nose with a tissue, or use the inside of your elbow. Avoid directly coughing or sneezing into your hands. Regardless, wash your hands immediately after blowing your nose, coughing or sneezing.
- Avoid touching your face. If you have unwashed hands, do not touch your eyes, nose and mouth. It's easy to touch a surface that may be contaminated and then unknowingly touch your face.
- Wash your hands with soap and water. Regular handwashing is one of the best ways to remove germs, avoid getting sick and prevent the spread of germs to others. Lather your hands with soap and water, and then scrub your hands for at least 20 seconds.
- Use an alcohol-based hand sanitizer. If soap and water aren't readily available, use a hand sanitizer that contains at least 60% alcohol, and rub your hands together until they're dry.

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