



### Cover coughs and sneezes!

- Use a tissue or your upper sleeve – not your hands. Put the used tissue in a wastebasket. Then wash your hands.
- Keep hands away from your nose, mouth and eyes.
- Avoid close contact with others if you are feeling ill – and stay at least three feet away from a person who is coughing or sneezing.

### Take care of yourself

- Eat a healthy, balanced diet.
- Exercise regularly.
- Practice food safety.

### Get a flu shot every year

Annual flu shots help build immunity to the seasonal flu.



*Learn more*

<http://health.tarrantcounty.com>  
[www.pandemicflu.gov](http://www.pandemicflu.gov)  
[www.cdc.gov](http://www.cdc.gov)  
[www.who.int](http://www.who.int)



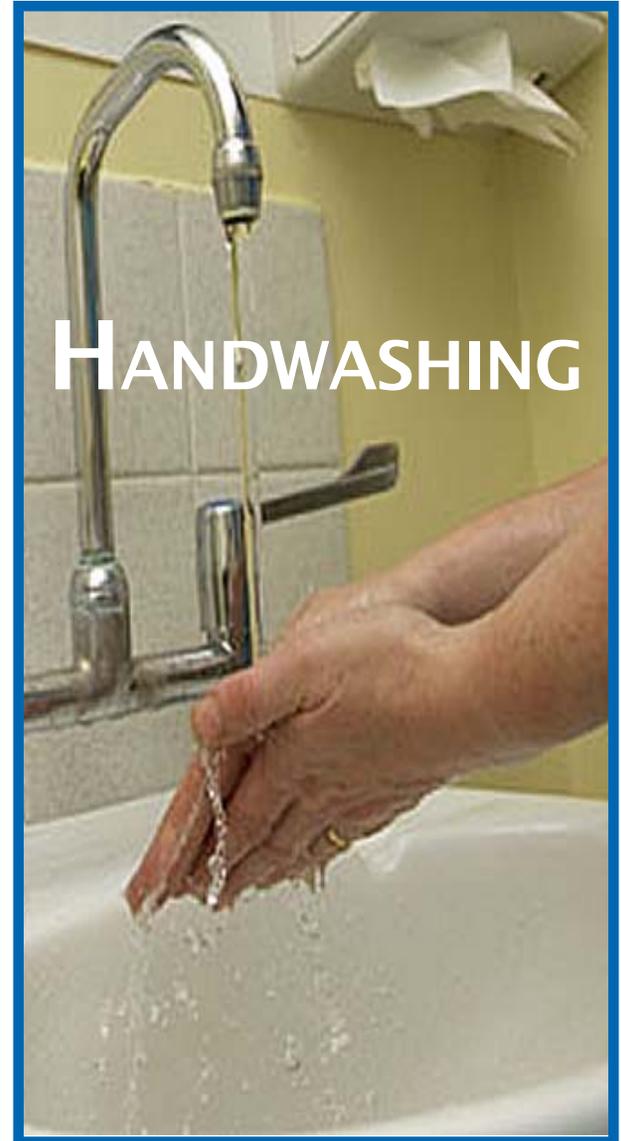
## Tarrant County Public Health

*Safeguarding our community's health*

1101 S. Main Street  
 Fort Worth, TX 76104

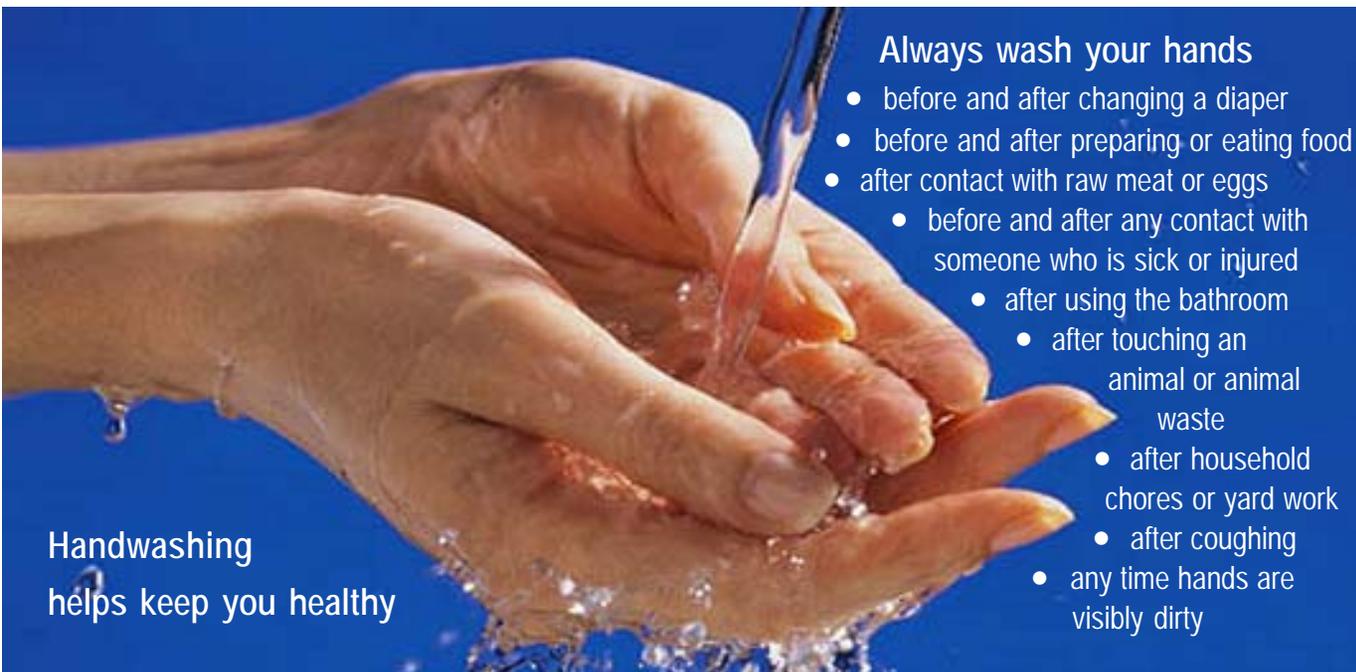
817-321-4700

<http://health.tarrantcounty.com>



# HANDWASHING

**A KEY TO  
 SLOWING THE  
 SPREAD OF GERMS**



Handwashing  
helps keep you healthy

### Always wash your hands

- before and after changing a diaper
- before and after preparing or eating food
- after contact with raw meat or eggs
  - before and after any contact with someone who is sick or injured
  - after using the bathroom
  - after touching an animal or animal waste
  - after household chores or yard work
  - after coughing
- any time hands are visibly dirty

Use an alcohol-based hand sanitizer when soap and water are not available



### Did you know:

- One of the most common ways people catch colds is by rubbing their nose or eyes after touching someone or something that is contaminated with the cold virus (rhinovirus)?
- A virus can be transferred from a dry, laminate surface to a clean hand for as long as 20 minutes after the surface was contaminated?

### Children need to learn proper handwashing

- Teach children how to protect themselves.
- It is especially important for them to wash their hands often and cover coughs and sneezes.
- Teach by example to get them into the habit.



### Wash your hands well

*Follow these steps each time:*

- Wet hands with warm water
- Use soap to lather both hands and under nails
- Scrub hands for at least 20 seconds
- Rinse hands thoroughly
- Dry hands on a clean towel

### Colds and flu

- When a person coughs or sneezes, droplets that contain the rhinovirus become airborne.
- Droplets stay on your hands if you cough or sneeze into your hands and don't wash them.
- Droplets enter the mouths or noses of people nearby.
- Droplets land on surfaces that people touch before touching their nose, mouth or eyes.