



Handwashing helps keep you healthy

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?

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

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**

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.

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.



Tarrant County Public Health
Safeguarding our community's health
817-321-4700
<http://health.tarrantcounty.com>