

Protect yourself and those you love...



**Wash
your
Hands!**

Mom was right. Hand washing is the single most effective way to stay healthy by stopping the spread of germs.

Wash **before** you eat, drink, make meals, put in contact lenses, treat a cut or any time you feel the need!

Wash **after** you blow your nose, cough, play with pets, change diapers, handle money, or go to the bathroom.

It's easy:

- **Wash with soap and warm water for 15 seconds**
- **Rinse for 15 seconds**
- **Dry with a clean towel!**



Interior Health

For more info, contact your local Public Health Office or visit our web site at www.interiorhealth.ca