



Wash Your Hands!

WHY?

- ➔ Stay healthy
- ➔ Prevent colds and flu
- ➔ Prevent spread of other illnesses

WHEN?

- ➔ Before eating
- ➔ After using restroom
- ➔ After coughing, sneezing or being around someone ill

HOW?

- ➔ Wash with soap and water
- OR
- ➔ Use an alcohol hand sanitizer and rub hands until dry

IOWA STATE UNIVERSITY

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