

# **Our Health / Our Hands**

**Please wash your hands several times a day-- especially after you cough or sneeze. Wash your hands before eating, drinking, applying cosmetics or handling contact lenses.**

**Wash your hands after touching common surfaces in public spaces. A shared computer, desk, countertop or door handle can pass germs quickly.**

**Avoid touching your eyes, nose or mouth. Please cover your nose & mouth with a tissue when you cough or sneeze. Throw the used tissue in the trash.**

- Use plenty of soap and water**
- Scrub for 15-30 seconds**
- Use a paper towel to turn off the faucet**
- Dry thoroughly**

*Note--*

*Hand sanitizing gels are an effective supplement to frequent hand washing.*



**Emergency**

**Planning Committee**

**<http://www.dartmouth.edu/~prepare/>**

**Background Picture**

**Electron Micrograph of Influenza  
Particles (CDC Photo Archives)**