

STOP the SPREAD of H1N1 FLU



wash your hands properly

5 quick steps to washing your hands

1. Wash your hands with warm water.
2. Apply a generous amount of soap.
3. Rub hands together for 20 seconds.
4. Dry your hands with a paper towel.
5. Use the paper towel to turn off faucet and open the door.

If soap and water are **NOT** available, use an ethanol alcohol-based (minimum 62%) hand sanitizer, preferably in gel form.



For more information please call

(801) 399-7250 or 2-1-1

www.webermorganhealth.org