

Give Yourself a Clean Hand

Cold and flu season is in full swing. One of the best ways to protect yourself against the spread of these common nuisances is to keep your hands clean.

Follow these tips for proper handwashing:

- Wash your hands using soap and warm, running water.
- Rub your hands vigorously during washing for at least 20 seconds paying special attention to the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse your hands well while leaving the water running.
- With the water still running, dry your hands with a single-use towel.
- Turn off the water using a paper towel, covering your hands to prevent re-contamination.

Wash the germs away to stay healthier today!

Source:

"Handwashing Guidelines." *Centers for Disease Control and Prevention*. August 2006. <http://www.cdc.gov/nceh/vsp/cruiselines/handwashing_guidelines.htm>.



WE'LL GIVE YOU AN EDGESM

Principal Wellness Company, (800) 354-1721, www.principal.com/wellness

This information is provided for your general information only and is not intended as medical advice. For more information and answers to health concerns, consult your physician or other health care professional.