
**PLEASE COPY THIS AWARENESS
POSTER AND PLACE COPIES IN
PROMINENT LOCATIONS**

HAND HYGIENE

**The most important thing you can do to keep
from getting sick is to wash your hands!**

Hand washing is the single most important measure to reduce the risks of transmitting infection from one person to another.

Hand washing with soap and water, alcohol-based hand rub, or antiseptic hand wash should be performed regularly. Hands should be thoroughly dried, preferably using disposable tissues or towels.

Use the disposable towel to open the door.

Hand washing and drying should always be done after coughing, sneezing or handling used tissues or after touching objects, materials or hard surfaces that may have been contaminated by someone else with the infectious illness.

Hand-to-face contact such as can occur during eating, normal grooming, or smoking presents significant risks because of the potential for transmission of influenza from surfaces contaminated with wet respiratory droplets.

**Hand washing should always be carried
out before and after eating, grooming,
smoking or any other activity that**