

# THREE ESSENTIALS TO AVOID THE FLU

**What do you need to do to protect yourself from the flu?  
It is as easy as 1 – 2 – 3.**

## **1. Wash your hands frequently – we mean a lot!**

- Wash your hands with plain old soap and water for 20 seconds.
- When should you wash your hands?
  - When hands are dirty
  - After coughing or sneezing
  - Before and after using the toilet
  - Before and after meals and snacks
  - Before and after preparing food
  - Before and after smoking cigarettes
  - When arriving home
  - After using public transport
  - Before and after work
  - After touching anything that you think could be contaminated with body fluids of others (e.g. saliva, nasal secretions, feces)
  - After handling animals or animal waste



1. Wet hands with warm water.
2. Apply a generous amount of soap and lather hands well.
3. Rub hands together for 20 seconds,
4. Include the wrists and pay special attention to the areas between fingers and under nails.
5. Rinse hands thoroughly with warm water.
6. Dry hands, use towel to turn off faucet and open door.

- Wash hands more frequently when someone at home is sick.
- If unable to wash hands, use alcohol-based hand wipes/solutions that have at least 60% alcohol.

What is 20 seconds? CDC recommends two old favorite songs – Happy Birthday and my personal favorite – Twinkle, Twinkle Little Star. If case you misplaced the lyrics...



Twinkle, twinkle, little star,  
How I wonder what you are.  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle, little star,  
How I wonder what you are!

## **2. Block your cough or sneeze by coughing into your arm – not your hands.**

When you cough or sneeze, cough into your elbow or arm to cover the cough or cough into a tissue. Avoid using your hands. If you cough into your hands, wash them immediately.

## **3. Stop touching your face – right now – we mean it!**

The way we infect ourselves is by touching our face, eyes, mouth or nose with our contaminated hands. Germs don't crawl up our arm into our airway – we introduce them by touching our face! If you count the number of times you touch your face in just an hour you will be horrified! So learn to stop touching your face.