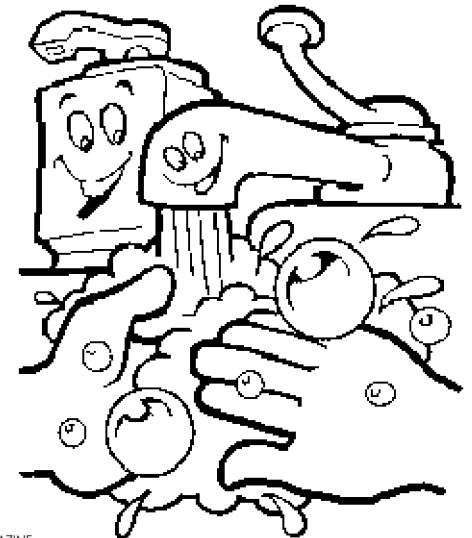


# Be a Good Hand Washer . . .

- Wash your hands vigorously with soap and water for 20 seconds – that’s two verses of “Happy Birthday.”
- Grab two paper towels and dry your hands for 10 seconds on each one; or use two sections of a roller towel for 10 seconds each; or use an air dryer for 45 seconds.

If you don’t dry your hands properly you will transfer germs more easily than if you hadn’t washed at all.



# Don't Share Your Colds or Flu . . .



Colds and flu are spread through droplets in the air from sneezing or coughing or by skin contact.

To avoid spreading your colds or flu:

- Use paper tissues, not handkerchiefs.
- Throw tissues in a bin away from colleagues.
- Cough behind your hands.
- Stand at least 2m away from colleagues when talking to them.
- Wash and dry your hands thoroughly.