



## **WASH YOUR HANDS FREQUENTLY.**

- 1** Use warm running water and soap.
- 2** Lather well for 15-20 seconds.
- 3** Rinse and turn off water with arm or a paper towel.

**[www.ohiopandemicflu.gov](http://www.ohiopandemicflu.gov)**

*Brought to you by the Ohio Department of Health and your local health department.*