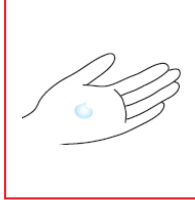


## How to use hand sanitizer:

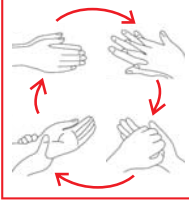
### STEP 1

Apply one squirt



### STEP 2

Rub hands together



### STEP 3

Rub until dry



## Coughing & Sneezing Etiquette

Germs that can cause serious illness can be spread from person-to-person through coughing or sneezing. To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze
- No tissue? Cough or sneeze into your upper sleeve, not your hands
- Place your used tissue in the garbage and wash your hands with soap and water or use hand sanitizer



or



Help **stop** the spread of **germs** and create a healthier community.

For more information please call York Region, Community and Health Services *Health Connection* at

**1-800-361-5653**



Health Protection Division  
October 2007



# Your health is in your

# hands!

Help **stop** the spread of **germs** and create a healthier community.





# Did you know?...

## Germs

can be found almost anywhere and can live for a surprisingly long time

on hard surfaces like doorknobs, tables and shopping cart handles.

Hands spread an estimated **80%** of common infectious diseases like the common cold and flu.

**Hand hygiene** refers to removing or killing germs on the hands. There are 2 ways to do this:

1. Wash your hands with soap and water
2. Use an alcohol-based hand sanitizer


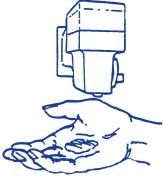


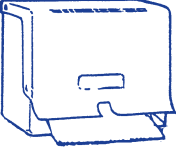

**or**

Proper hand hygiene is the

**single most effective way**

to prevent the spread of germs and reduce your chances of becoming ill.

## Correct handwashing procedures:

<b>1</b> <u>Wet Hands</u> 	<b>2</b> <u>Soap</u> 	<b>3</b> <u>Lather (15 sec.)</u> 
<b>4</b> <u>Rinse</u> 	<b>5</b> <u>Towel Dry</u> 	<b>6</b> <u>Turn taps off with towel</u> 

## Hand Sanitizers

**What are they?** Hand sanitizers are alcohol-based hand gels that can be used as an alternative to handwashing when soap and water are not available.

**Do they work?** Yes. When used properly, hand sanitizers can kill most of the germs on your hands that can cause the common cold and other illnesses.

### Which one should I use?

Use one that contains 60-90% alcohol and moisturizer to reduce drying of the hands.

**When do I use it?** When soap and running water are not available and when your hands are **not visibly dirty**.

### What else do I need to know about hand sanitizers?

Never apply hand sanitizer near an open flame. Children using hand sanitizer should be supervised. Hand sanitizers have expiry dates – be sure to check prior to use.



## after

- Blowing your nose, coughing or sneezing
- Using the washroom or handling garbage
- Visiting someone who is sick
- Playing outside or touching animals
- When hands look or feel dirty

When to perform hand hygiene:

## before

- Eating, drinking or touching food
- Cooking or serving food