

**DID YOU  
REMEMBER TO  
WASH  
YOUR  
HANDS?**



## RESIDENCE LIFE and STUDENT HOUSING

**Wants you to know that good hand washing is one of the most effective ways to prevent the spread of colds, flu, and other communicable diseases, including the H1N1 Flu Virus!**

**Healthy Habits are  
Encouraged to stop the spread of H1N1 influenza**

### **Four Steps to Clean Hands:**

1. Wet hands with warm running water. Add soap.
2. Rub hands together, making a lather away from running water for about 15 seconds (time it takes to sing "Happy Birthday" once).  
Wash front and back of hands, as well as between fingers and under nails.
3. Rinse hands well under warm running water.  
Turn off water with a paper towel and dispose in a proper receptacle.
4. Dry hands thoroughly with a clean towel.

