

**INFLUENZA, SALMONELLOSIS,
SHIGELLOSIS, STREPTOCOCCUS,
THE COMMON COLD, HEPATITIS A,
GIARDIASIS, ENTEROVIRUS,
AMEBIASIS, CAMPYLOBACTERIOSIS,
RESPIRATORY SYNCYTIAL VIRUS (RSV),
CYTOMEGALOVIRUS, TYPHOID,
STAPHYLOCOCCAL ORGANISMS,
EPSTEIN-BARR VIRUS.**

**IT TAKES LONGER TO READ THIS LIST
THAN IT DOES TO PREVENT THEM.**

**20 SECONDS OF HAND WASHING CAN PREVENT
THE SPREAD OF INFECTIOUS DISEASES.**

Proper handwashing helps prevent the spread of diseases like the flu and E. coli, and it only takes 20 seconds to do it right!

- 1. Get your hands wet**, then turn off the faucet.
- 2. Scrub with soap for 20 seconds.** It's worth it to avoid weeks of illness! Don't forget to clean between your fingers, under your nails and the backs of your hands.
- 3. Rinse** with the water running.
- 4. Dry off** with a clean towel or shake your hands dry.

Did you know?

Washing without soap leaves lots of germs behind.

Bathroom germs aren't the kind you want hanging out on your hands!

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