

How to use hand sanitizer:

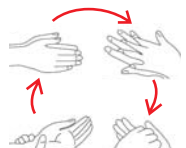
STEP 1

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
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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


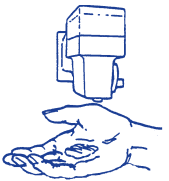




or

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:

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

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 a 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