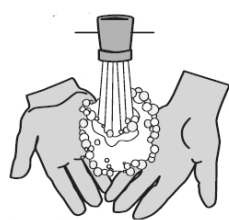


## Wash Your Hands and Be a Germ Stopper!

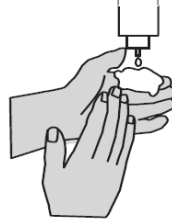
Everyone knows how bad it feels to be sick. Follow these tips to help prevent the spread of germs:

- Wash your hands with soap and water for at least 15 seconds.
- Wash your hands after using the washroom, changing a baby's diaper, or touching animals, before eating, before and after preparing food, and when your hands look dirty.
- Use an alcohol-based hand sanitizer if you can't wash your hands. Use a squirt the size of a quarter (dime-size for young children) in your palm, rub palms together, rub the back of each hand and around each thumb, and don't forget your fingertips. Rub for at least 15 seconds until dry.
- Cover coughs and sneezes with a tissue or your upper arm, not your hands! Throw the tissue away and wash your hands right away.
- Keep your hands away from your face to help keep germs out of your body.
- Stay home when you are sick, have a cough or a fever.

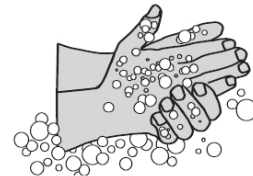
For more information contact Ottawa Public Health at 613-580-6744 or visit [www.ottawa.ca/health](http://www.ottawa.ca/health).



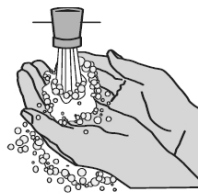
1. Wet Hands



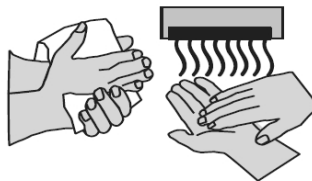
2. Use liquid soap



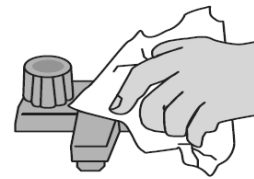
3. Lather, rub and count to 15



4. Rinse



5. Towel or air dry hands



6. Turn off taps with towel or your sleeve