STAY HEALTHY
Wash your hands

Hand washing is the easiest and best way to stop the spread of germs like the ones that cause the flu.

+ Wash hands often using soap and hot water – how you wash is just as important as when you wash
+ Wash hands for about 15–20 seconds – try humming the “Happy Birthday” song twice to yourself to make sure you wash long enough
+ Rinse and dry hands well
+ If you can, use a paper towel to turn off the water and open the bathroom door

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