Logo

Description automatically generated with low confidence

Logo, company name

Description automatically generated

(Note to designer, for the final end product there will be 3 with just this this logo updated – logos have been provided COVID-19, flu, COVID-19&flu)

**Clean Hands for a Healthier Community**

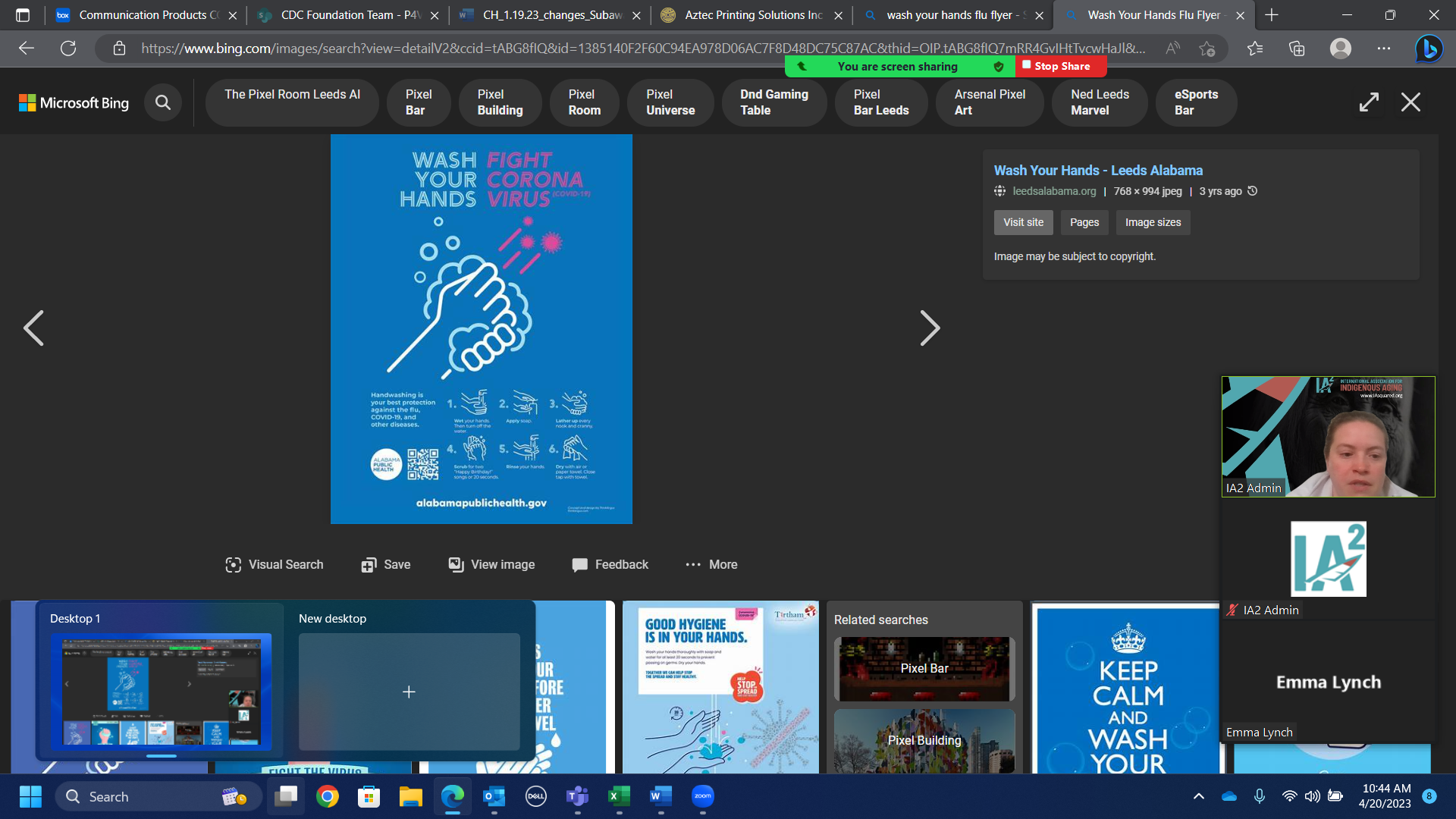
**Viruses, like the flu and COIVD-19, can spread when hands touch people or surfaces.**

**Regular handwashing with soap and water can help prevent you and others from getting sick.**

**When to wash your hands:**

* After coughing, sneezing, or blowing your nose
* When caring for someone who is sick
* Before, during and after you prepare food
* Before eating
* After toilet use, or changing diapers
* When hands are visibly dirty
* After handling animals or animal waste
* Returning home after being in public

**How to wash your hands properly:**

(Mimic the blue graphic, use icons like those shown in blue image with the writing below)

1. Wet your hands.
2. Apply soap.
3. Rub hands, wrists, and between fingers rapidly, and scrub under fingernails.
4. Scrub for at least 20 seconds, or sing “Happy Birthday!” twice.
5. Rinse your hands.
6. Dry with air or a paper towel. Turn off the tap with a towel.

**Skin protects the body again viruses. Take care of the skin on your hands by,**

* Applying water-based hand cream
* Use gloves during daily tasks, like when washing dishes, cooking, gardening, working on cars, or house repairs.
* Contact your doctor if your skin becomes irritated or infected

**Additional ways to prevent viruses from spreading:**

* When you cough or sneeze, cover your mouth and nose with your elbow or a tissue.
* Don’t touch your eyes, nose, or mouth.
* Avoid close contact with those who are sick.
* Wear a mask.
* Use hand sanitizer if you are unable to wash your hands.
* Get yearly vaccinations and stay up to date with vaccination boosters.

**FIND A VACCINATION SITE TODAY!**

To find out more about the available vaccines near you, contact your local:

* Indian Health Services, tribal, or urban health clinics, and doctor’s offices (even if you don’t have a regular doctor or nurse)
* Community Health Representative or Community Health Aide
* Visiting mobile and community-based immunization clinics, or
* Pharmacies, or grocery stores.

For more information on handwashing, visit: https://www.cdc.gov/handwashing/index.html

This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $20,007,444 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.