

## Tailgate talk

Today's Subject:

### **Hand washing**

Date: \_\_\_\_\_

It wouldn't be a stretch to suggest that none of us wants to catch the flu this winter. And chances are that some people here have already gotten flu shots.

But there's another way to help avoid the flu that doesn't require a lot of extra work on your part: effective hand washing.

At a minimum, you should wash your hands whenever they're soiled; before and after eating, drinking, or smoking; and after handling anything that could be contaminated.

#### **What to focus on**

Here are three things to keep in mind when you're washing your hands.

**1. Remove jewelry.** Be sure to remove any rings or jewelry that could interfere with hand washing.

**2. Scrub thoroughly.** Using warm running water and soap, scrub your hands, between your fingers, wrists and forearms for at least 15 seconds. Tip: Some people like to sing a short song such as "Happy Birthday" to gauge the correct amount of time spent on hand washing.

**3. Rinse completely.** Use a single-use towel or an air dryer to thoroughly dry your hands, then use a paper towel to turn off the faucet and open the door when you leave the restroom.