



**Fight Flu With Clean Hands** Swine flu (novel H1N1) is a new influenza virus strain spreading around the world and causing illness in much the same way as the more common seasonal flu viruses we see in Wyoming every year. It's worth paying extra attention to, but should be no cause for great fear at this time. Using the same common-sense actions that help protect you and your family from seasonal flu every year is the best strategy to fight swine flu. Your number one weapon is washing your hands often and well.

More information online at [www.health.wyo.gov](http://www.health.wyo.gov) 6/09

### **How to clean your hands:**

Put your hand under running water (warm if possible).

Rub your hands together with soap for at least 20 seconds.

Wash your hands thoroughly, including wrists, palms, back of hands and under fingernails.

Rinse the soap from your hands.

Dry hands completely with a clean towel or air dry.

Throw disposable towels into the trash.

If soap and water aren't available, use an alcohol-based hand sanitizer on your hands.

### **When to clean your hands:**

After blowing your nose, coughing or sneezing.

Before and after caring for someone who is ill or treating a cut or wound.

After going to the bathroom or changing diapers.

Before preparing or eating food and after handling uncooked foods.

After handling garbage, animals or animal waste.

When you can see that your hands are dirty.