

Wash Your Hands!



1. Wet Hands







2. Soap



3. Wash 20 seconds



5. Dry



6. Turn off water with paper towel

TULSA HEALTH DEPARTMENT

Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away. **Sponsored by** hilcrest

For more helpful tips, visit www.Hillcrest.com or www.Tulsa-Health.org