

Eliminating Vomiting and Diarrheal Illness

PREVENTION TIPS

Wash your hands frequently

WHEN

- Before and after handling food
- Before and after caring for a patient
- After using the bathroom
- After blowing your nose, coughing, or sneezing
- After handling trash

HOW

- Wet hands with warm water and apply soap
- Clean under your fingernails, palms, scrub the back of your hands, and wrists
- Wash your hands for at least 20 seconds, then rinse
- Dry hands with a clean paper towel
- Use the paper towel to turn off the faucet

Hand sanitizer is a good supplement, but not a substitute.

