

Preventing the Spread of Diseases

Vaccinations

- ☐ Vaccinate on a regular schedule to develop proper protection.
- ☐ Investigate community resources if unable to afford private physician to secure vaccinations.

Hand washing

1. If you plan to dry your hands on a paper towel, unroll the towel from the dispenser without touching the paper towel before washing.
2. Use the automatic liquid soap dispenser; if you do not have one, get one.
3. Turn on the water with your forearm.
4. Lather your hands and wrists, scrubbing under the fingernails and any jewelry.
5. Say your ABCs twice—this is a long enough scrubbing time.
6. Rinse your hands.
7. Tear off the paper towel and dry your hands.
8. Using the wet paper towel, dispense another clean paper towel.
9. Throw out the used wet towel.
10. Turn off the water with the paper towel.
11. Open the bathroom door with the same paper towel.
12. Discard the paper towel.