

# BE A HAND HYGIENE HERO!



Wash hands with soap and water frequently for at least 20 seconds. Rinse and dry well.



Alcohol-based sanitizer is a quick alternative.



Avoid touching eyes, nose, and mouth.

Keeping hands clean and away from your face is one of the most important steps you can take to avoid getting sick and spreading germs to others.



Made by Foundation Health Partners, Alaska Department of Health and Social Services, and Alaska Department of Commerce, Community, and Economic Development.