

Did you know...

Touching your face with dirty, unwashed hands, germs can take up residence in your mucous membranes which can lead to an infection for you or you may pass to others.

You touch your eyes, nose and mouth about 25 times per hour.



*The T-ZONE

Don't Touch Your Face

Avoid touching your eyes, nose, and mouth. (*The T-ZONE)

Never touch your face with dirty hands.

Wash your hands frequently.

Washing hands with soap and water is the best way to get rid of germs in most situations.

Wash your hands before and after touching your eyes, nose and mouth!

Use an alcohol-based hand sanitizer to clean your hands if soap and water are not available. Avoid being close to people who are coughing and sneezing.

Simple Strategies to Prevent Infections