

Clean Hands Stay Healthy



It's cold and flu season! Keeping hands clean through improved hand hygiene is **one of the most important steps** we can take to avoid getting sick and spreading germs to others.

Wet your hands with clean, running water (warm or cold) and apply soap.

Rub your hands together to make a lather and scrub them well; the backs of your hands, between your fingers, and under your nails.

Continue rubbing your hands for at least 20 seconds. Need a timer? Hum "Happy Birthday" from beginning to end twice.

Rinse your hands well under running water.

Visit www.provider.bcbs.com or call **888-222-9206** to find a provider near you



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