Did you wash your hands?

Use soap & water.
Rub hands for 20 seconds.
Rinse.
Dry with paper towel.
Use towel to turn off faucet.

Your health is in your hands

Massachusetts Department of Public Health, Division of Epidemiology and Immunization
For more information, please call 617.983.8800 or 888.658.2850 (toll free), or go to www.mass.gov/handwashing

Tufts Health H1N1 Flu Advisory
http://emergency.tufts.edu/flu