Did you know?
The most important thing you can do to keep from getting sick is to wash your hands.

According to the Centers for Disease Control and Prevention, if you don’t wash your hands frequently, you can pick up germs and infect yourself. You’re at risk every time you touch your eyes, nose or mouth.

By washing your hands the right way, you’ll wash away germs, such as bacteria and viruses.

**Scrub those germs away:**

- Wash your hands in warm water.
- Use soap and lather up for about 20 seconds. Make sure you get in between the fingers, under the nails and your wrists.
- Rinse and dry well with a clean towel.

For a list of all area flu shots, visit www.fwisd.org/fit