Avoid touching your eyes, nose, and mouth with unwashed hands. Viruses that cause colds can enter your body this way and make you sick.

Wash your hands often with soap and water. Wash them for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer.

Viruses that cause colds can live on your hands and regular hand washing can help protect you from getting sick.

Help fight the spread of illness!

WMAT Division of Health Programs
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