

# WASHING WORKS



**FREQUENT HAND WASHING HELPS REDUCE THE TRANSMISSION OF MANY ILLNESSES INCLUDING THE COMMON COLD & THE FLU.**

**Use plenty of soap & water.  
Wash for 15-30 seconds.  
Shut off the faucet with a  
paper towel.**

**WASH BEFORE EATING, WASH AFTER  
CLASS, WASH TO BE EXTRA SURE.  
ALCOHOL FOAMS & GELS PROVIDE AN  
EFFECTIVE SUPPLEMENT TO HAND  
WASHING**



DARTMOUTH COLLEGE  
Environmental Health & Safety