

# The Dirty Truth:

Unwashed  
hands make  
you sick.

## Clean 'em up:

Use soap and warm water; lather for 20 seconds.  
Scrub out germs lurking under nails and in between fingers.

Rinse to remove all traces of soap.

Use a paper towel to turn off the faucet.

Dry hands thoroughly.

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For the latest information about IUPUI's response to H1N1 flu: <http://www.iupui.edu/prepared>