



Stay healthy...and
mission-ready.

GOOD HAND HYGIENE... IT'S THE STANDARD.



**STAY HEALTHY SO YOUR UNIT
CAN ACCOMPLISH ITS MISSION.**

- 1** **Wash your hands** when they're dirty
- 2** **Carry HAND SANITIZER** – at all times as part of your equipment
- 3** **Use HAND SANITIZER:**
 - After using the latrine
 - Before touching food
 - After sneezing, blowing nose, and coughing
 - After touching any contaminated surface
 - To kill germs when soap and water is not practical
- 4** **Practice good hygiene:**
 - Avoid touching eyes, nose and mouth
 - No sharing of personal items (razors, towels, clothing, etc.)
 - Limit skin-to-skin contact and scratching
 - Keep wounds covered and clean
 - Cough or sneeze into elbow, not into hands