



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