

PSEG prepares and protects employees against pandemic



# Stop the Spread of Germs During **Flu Season** and **All Year Long**

Proper and frequent hand washing are important in preventing the spread of colds, influenza, pneumonia, and other contagious diseases.

## Wash hands properly:

- Wet hands and apply soap
- Rub hands vigorously
- Scrub all surfaces (backs of hands, wrists, between fingers and under fingernails)
- Continue 20 seconds (sing "Happy Birthday" twice)
- Rinse hands well
- Dry hands using a paper towel or air dryer  
If possible, use paper towel to turn off the faucet
- If soap and water are not available, use an alcohol-based or non-alcohol-based hand sanitizer
- Do not touch your eyes, nose or mouth

It is estimated:  
1 out of 3 people do  
not wash their hands  
after using the  
restroom.

Hand washing is  
the most important  
measure for preventing  
the spread of germs.

## Wash hands frequently:

- Before, during, and after you prepare food
- Before you eat
- After you use the restroom
- After handling animals or animal waste
- When your hands are dirty
- When someone in your home is sick



**PSEG**

*We make things work for you.*