

## Soap Up, Bulls!

Did you know that handwashing is one of the most effective ways to fight germs? Make sure your Bull follows proper handwashing technique to prevent the spread of mono, flu and mumps!

On average, a student comes in contact with 300 surfaces every 30 minutes, exposing him or her to 840,000 germs a day. However, washing your hands correctly can protect you from getting sick.

Student Health Services recommends these tips to help your Bull stay healthy on campus:

1. Wash hands using soap and water for at least 20 seconds
2. Use an alcohol-based sanitizer when soap and water are unavailable
3. Don't share drinks or eating utensils
4. Cough in your sleeve or elbow
5. Stay home if you are sick

We offer FREE mini hand sanitizer to students in the USF Bulls Country Pharmacy, open Monday through Friday from 9 a.m. to 5:00 p.m.

Encourage your Bull to take time to wash their hands frequently! For more information, please visit <https://www.cdc.gov/handwashing/when-how-handwashing.html>.

