

# 3 Simple Ways to Help Prevent Hand, Foot, and Mouth Disease



## WASH YOUR HANDS

Wash often and carefully, especially after using the bathroom, preparing food or drinks, and changing diapers.



## CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES

Wash surfaces with hot, soapy water, apply a solution made by adding 2 tablespoons of bleach to 4 cups of water, then rinse and dry.



## AVOID CLOSE CONTACT

Avoid hugging, kissing, or sharing cups or utensils with infected people.

NOTE: The steps above are based on recommendations by the US Centers for Disease Control and Prevention.

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