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CDC Video: Dirty hands spread dangerous diseases like swine flu

Mercury News
Posted: 04/25/2009 01:15:45 PM PDT
Updated: 04/25/2009 03:08:32 PM PDT

The Centers for Disease control says the most important way to prevent the transmission of dangerous diseases, including swine flu, is to frequently wash your hands with soap or use a hand sanitizer that contains at least 60 percent alcohol.

The U.S. government agency has prepared this video talking about the danger dirty hands pose and proper hand-washing technique.

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