

PUBLIC HEALTH FACT SHEET



COUNTY MICHIGAN
HEALTH DIVISION
Department of Health & Human Services

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WITS

Protect yourself by using your wits when you give first aid

Wear throw-away gloves

- put on before touching any body fluid or before cleaning anything soiled by body fluid.

Instruct

- and supervise the person who is hurt how to do the first aid whenever possible.

Throw-away

- all soiled items, including the gloves, in a sealed plastic bag

Soap

- use soap and running water
- rub your hands together well, making sure you wash everything - backs of hands, wrists, between fingers and under fingernails
- rinse well
- dry your hands with a paper towel
- turn off the water using a paper towel instead of your bare hands

**For more information on Wits, call (248) 858-1406 or toll free
1 (800) 848-5533.**

For additional copies, visit our website at www.oakgov.com/health.