Germs are Everywhere
In the air and on surfaces we touch. They enter our bodies through the air or from our hands.

CLEAN YOUR...
• Phones
• Keyboards
• Mouses
• Countertops
• Door Handles
• Light Switches

Slow the spread of germs
• Stay home when sick
• Cover coughs and sneezes
• Wash your hands

Wash Hands

Why?
• Stay healthy
• Prevent spread of illnesses

When?
• Before eating
• After restroom
• After coughing, sneezing, or being around someone ill

How?
• Wash with soap and water for 20 seconds
• If soap and water is unavailable, use an alcohol hand sanitizer and rub hands until dry