

STOP GERMS!

WASH YOUR HANDS

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