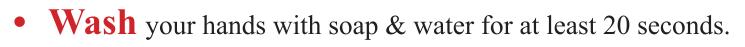
STOP Germs



- **Cover** your cough or sneeze with your elbow or a tissue.
- **Avoid** touching your face, eyes, nose & mouth.
- **Stay home** if you're sick.
- Avoid close contact with people who are sick.

HOW to Wash Your Hands



Wet hands with hot or cold running water.



Apply soap, lather & scrub backs of hands, under nails, between fingers for 20 seconds.



Rinse Rinse under hot or cold running water.



Dry hands using a paper towel or air dry.









