

Be Smart Stay Healthy

WASH YOUR HANDS OFTEN

- ▶ After coughing or sneezing
- ▶ Before touching your food
- ▶ After using the bathroom
- ▶ After handling animals or their waste

YOU CAN REMOVE UP TO 99.9% OF THE GERMS THAT GET ON YOUR HANDS IF YOU:

- ▶ Use clean warm water
- ▶ Apply soap
- ▶ Rub your fingers and hands together and scrub for 20 seconds (sing Happy Birthday twice)
- ▶ Rinse with clean warm water
- ▶ Dry hands with a clean towel or paper towel

COVER YOUR COUGH AND DON'T SPREAD GERMS

- ▶ Use a tissue when you cough or sneeze & put your used tissue in the trash can
- ▶ Cough or sneeze into your sleeve
- ▶ Wash your hands or use a hand sanitizer