

# Stop The Spread Of Germs



## Wash Your Hands!



- Use soap.
- Spend 20 seconds washing hands, wrists and under fingernails.
- After rinsing, dry hands with a clean paper towel.
- Use a paper towel to turn off faucet.
- If there's no soap and water available, use alcohol-based hand cleaner.

## Practice Good Respiratory and Personal Etiquette.



**Apart from regular vaccines, there are things you can do to protect yourself and others from getting sick. These simple actions can STOP the spread of germs:**

- Cover your mouth and nose when coughing or sneezing.
- Avoid touching your eyes, nose and mouth.
- Use disposable tissues.
- Avoid close contact with people who are sick.
- Avoid sharing food or eating utensils with others.
- Stay home if you are sick.

A community service of:



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