

# Good Health Starts With Clean Hands



The most effective way  
to stop the spread  
of infection is by  
washing your hands



There are ways to prevent passing on  
germs to friends, family and co-workers:

- ✌ Cover your mouth when you sneeze or cough
- ✌ Avoid other people when you are ill with a cold or the flu
- ✌ Never share toothbrushes, towels, drinking glasses or other utensils



## Wash Your Hands Regularly

- ✌ Before and after you cook or eat food
- ✌ After you feed or play with your pet
- ✌ After you change a diaper or blow your nose
- ✌ After you use the restroom
- ✌ Before and after you care for someone who is ill

And remember... Cover your mouth when you sneeze or cough and keep your fingers out of your mouth, nose and eyes

