



# YOUR HEALTH IS IN YOUR HANDS

HELP STOP THE SPREAD OF GERMS  
That Cause Colds, Flu, and Other  
Respiratory Diseases.

Always WASH YOUR HANDS WITH SOAP  
AND HOT WATER, Or USE A WATERLESS  
HAND CLEANSER After:

- Blowing your nose or coughing
- Using the bathroom
- Before and after eating
- After being in contact with or being near someone who is ill

