

Germ-Free Zone



COVER COUGHS & SNEEZES

When you cough or sneeze, cover your mouth and nose with a tissue or use your upper sleeve, not your hands.



CLEAN HANDS

Clean your hands a lot

- After you cough or sneeze
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best.

Wash long enough to sing the "Happy Birthday" song twice. You can also use alcohol-based hand sanitizers to kill the germs.



Stop the spread of germs, colds and flu!