

# Wash Those Germs



# Down the Drain

# STOP THE SPREAD

SNEEZE AND  
COUGH INTO  
YOUR ELBOW



AVOID  
TOUCHING  
YOUR FACE



WASH YOUR  
HANDS OFTEN



STAY HOME  
IF YOU ARE  
SICK



GET YOUR  
FLU SHOT



AVOID  
SHARING  
CUPS AND  
UTENSILS



# OF COLD AND FLU

# WHEN TO STAY HOME



**FEVER**

within the last 24 hours



**COUGH**

severe or with mucus



**VOMITING**

or nausea



**DIARRHEA**



SEVERE  
**PAIN**



CONTAGIOUS  
**RASH**



**PINK EYE**



**SORE THROAT**

severe or strep



UNTREATED  
**LICE**

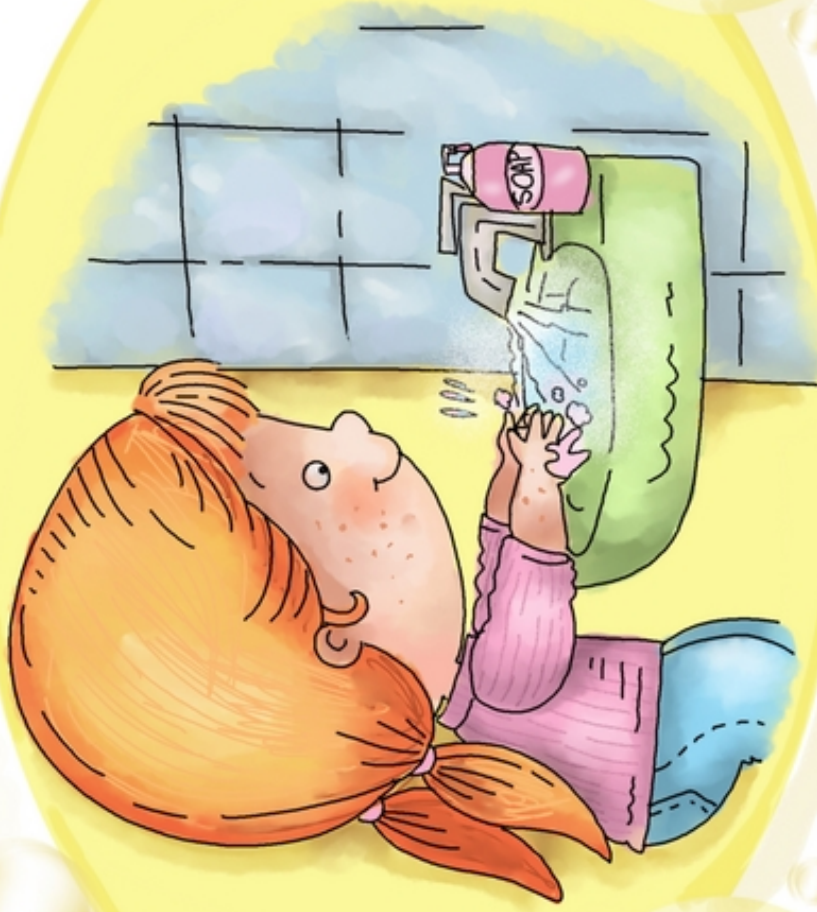
Reduce Your Risk  
of Getting Sick

# Hands

Make sure  
to wash  
before  
meals!

Use them  
to hold  
tissues  
when you  
cough and  
sneeze!

Use  
sufficient  
soap!



Wash them  
often!

Reduce Your Risk  
of Getting Sick

# Avoid

Don't  
share  
drinks!

Don't  
share  
snacks!

Stay away  
from  
sick people!  
Don't take  
the chance!

BEWARE!



Reduce Your Risk  
of Getting Sick

# Fingers

Keep them  
away from...

Your  
eyes!

Don't  
touch...

Suspicious  
surfaces!

Keep  
them out  
of your  
mouth!

Keep  
them  
away...

From  
your  
nose!



Reduce Your Risk  
of Getting Sick

# Clean

Clean surfaces  
and objects

that are  
often used,  
visibly  
dirty, and

clearly  
fingerprinted!



Use quality  
wipes,  
sprays,

and scrubbing  
powders that  
will do the job

right!