



# 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