

# Limit the Spread of Germs

that could make you & others sick.



## WASH YOUR HANDS:

- After you cough, sneeze or use the bathroom.
- Before you touch your eyes, nose & mouth.
- After you touch dirty tissues or dirty surfaces.
- Before you prepare food and before you eat.

Wash your hands **with soap & warm water** -OR- clean your hands **with alcohol-based hand cleaner**.