

It's Cold and FLU Season!

Keep Germs Away Every Day

HAND HYGIENE: A simple way to stay healthy at school, at work, and at home! According to the Centers for Disease Control and Prevention, the single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands.



Good Hand Hygiene is Critical



When preparing food



Before meals and snacks



After using the restroom



After touching animals



When hands are dirty



When you or someone around you is ill

KEEP GERMS AWAY DURING COLD AND FLU SEASON



Wash your hands with soap and warm water, scrubbing for 20 seconds



When you are on the go and soap and water are not available, use wipes or hand sanitizers available in gel or foam

Clean Hands help prevent Colds and the FLU.

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