

Did you know that **YOU** can help prevent germs and stay healthy easily?

Germs get into our bodies through our eyes, nose, and mouth to make us sick.

Washing hands can prevent 1 in 3 stomach-related sicknesses and 1 in 5 respiratory infections, like a cold or the flu.

Just follow 5 easy steps:



Wet hands



Lather with soap



Scrub hands for 15-20 seconds



Rinse hands



Dry with a clean paper towel or air dry

