

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

