

HOW YOU CAN HELP OTHERS STAY HEALTHY



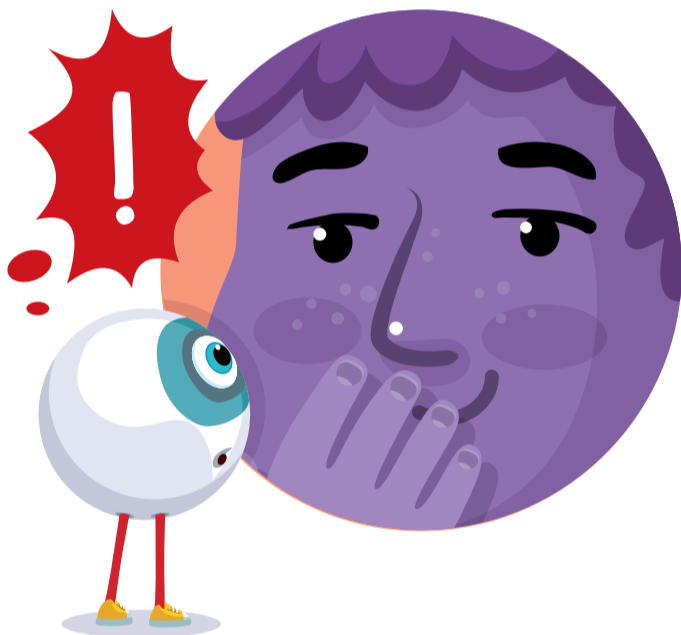
WASH YOUR HANDS

Wash hands regularly, with soap and warm water, for at least 20 seconds while singing the ABCs.

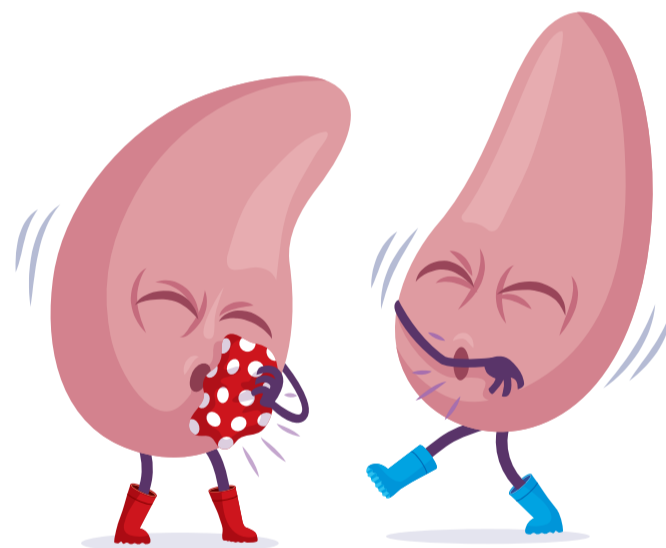


HAND SANITIZE AS A BACK UP

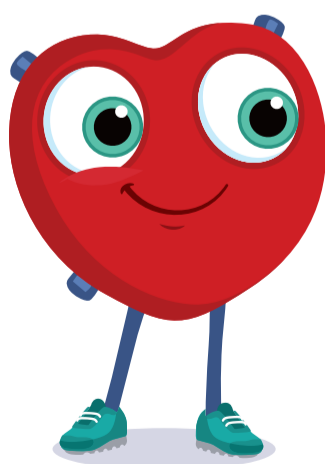
If soap and water are not available, the next best option is hand sanitizer.



DON'T TOUCH YOUR FACE BEFORE WASHING YOUR HANDS



SNEEZE INTO A TISSUE OR YOUR ELBOW IF YOU DON'T HAVE ONE



IT'S GOOD TO LEAVE A LITTLE

SPACE WHEN YOU'RE UNWELL

