

# HOW YOU CAN HELP OTHERS STAY HEALTHY



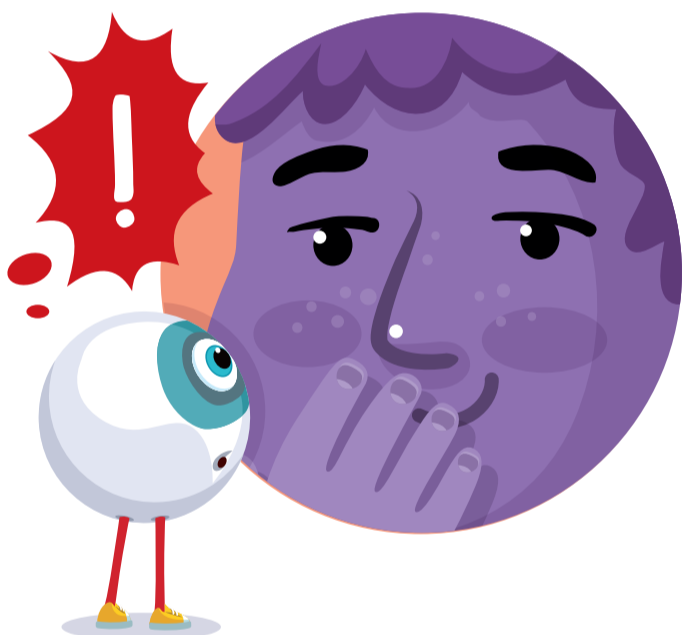
## WASH YOUR HANDS

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

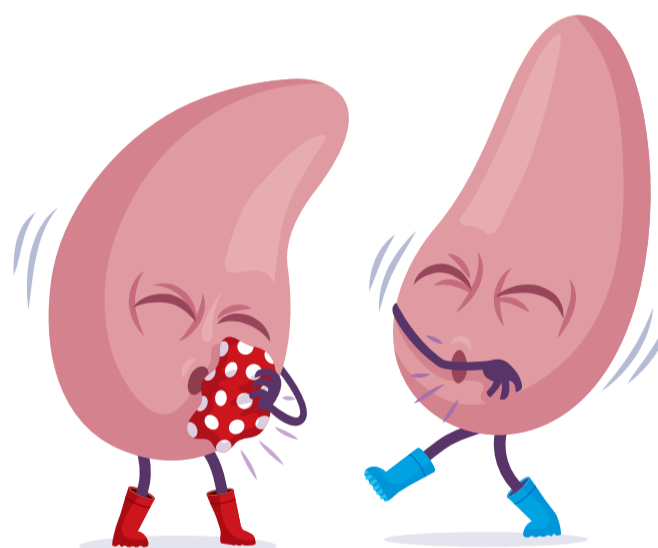


## HAND SANITIZE AS A BACK UP

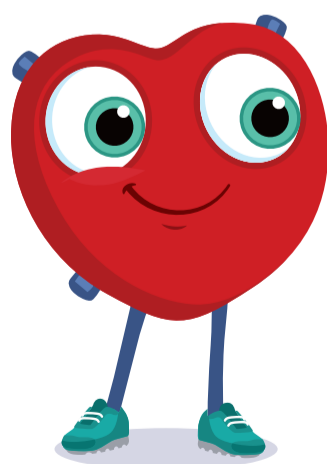
If soap and water are not available, the next best option is hand sanitizer.



## 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

