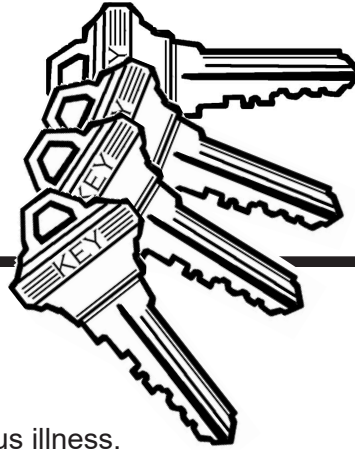




Keys to Stopping Germs



1. Keep your germs to yourself.

- Stay home when sick.
- Stay away from people who are sick with a contagious illness.
- Don't drink from someone else's glass or can of pop.
- Don't share a water bottle.
- Don't share food or silverware that someone else has used.
- If you need to spit, do it in a sink, toilet, or tissue, not on the ground.
- Use a tissue once and throw it in a trash can.

2. Stop germs from growing in places that people contact.

- Use clean silverware.
- Wash dishes with soap and water before using them again.
- Keep cold food cold.
- Clean your desk, keyboard, and other surfaces regularly.

3. Stop germs from moving from person to person.

- Sneeze into your elbow.
- Cover your nose and mouth when you cough.
- Wash your hands after using the bathroom.
- Wash your hands before eating.
- Wash your hands before handling food.
- Wash your hands after blowing your nose.
- Wash your hands after touching items that lots of other people have touched.
- Wash your hands after playing with an animal.
- After washing your hands, dry them on a clean paper towel and use it to turn off the running water.
- Keep your hands away from your face.

4. Keep your body healthy so it can fight off germs.

- Get 9 to 11 hours of sleep at night.
- Eat a variety of vegetables of all colors each day.
- Eat plenty of fruit.
- Get 60 minutes of physical activity every day.

