

STAY HEALTHY



WASH YOUR HANDS

- Wash before you eat, after you eat, as soon as you come home, and whenever you've touched anything that could have germs on it.
- Use soap and warm water.
- Count to twenty while you hold your hands under the water.
- Dry your hands thoroughly after washing.

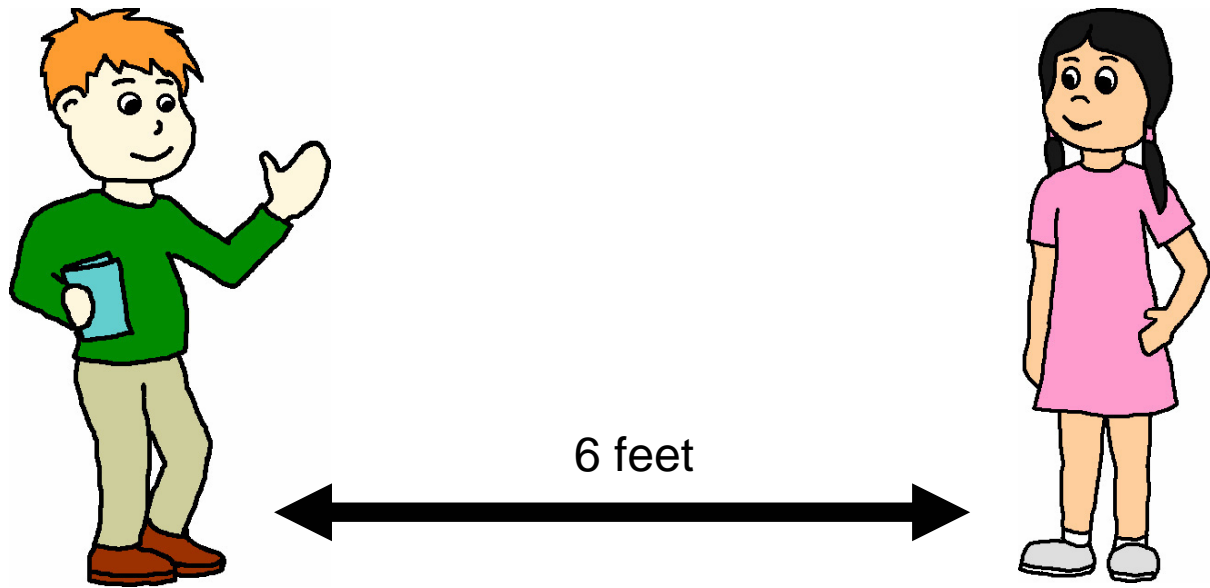
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COVER YOUR SNEEZE

- Sneeze into tissues, a handkerchief, or the inside of your elbow.
- Throw used tissues into the garbage.
- Don't sneeze into the air or into your hand.

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KEEP YOUR DISTANCE

- Stay at least six feet away from people who are sick.
- Avoid contact with large crowds.

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STAY HOME IF SICK

- If you have a fever, stay at home. Don't go to school or anyplace where healthy people are.
- After your fever and other symptoms have been gone for 24 hours, you are no longer contagious – then it is okay to go out again.