

# YOUR HEALTH (AND **OTHERS'**) IS IN YOUR HANDS!

## HELP STOP THE SPREAD OF GERMS!

Always wash your hands with soap and hot water,  
or use a hand sanitizer:

- After using the bathroom,
- Before and after eating,
- After blowing your nose or coughing, and
- After being in contact with or being near someone who is ill.



[www.pandemicflu.com](http://www.pandemicflu.com)

