

An illustration of two hands being washed, with several light blue soap bubbles floating around them. The background is a gradient of blue, with more bubbles floating in the upper half.

YOUR HEALTH IS IN YOUR HANDS

**HELP STOP THE SPREAD OF GERMS
That Cause Colds, Flu, and Other
Respiratory Diseases.**

**Always WASH YOUR HANDS WITH SOAP
AND HOT WATER, Or USE A WATERLESS
HAND CLEANSER After:**

- Blowing your nose or coughing
- Using the bathroom
- Before and after eating
- After being in contact with or being near someone who is ill