



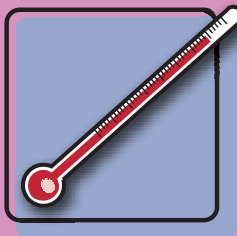
Be a hero – be a germ stopper!



- Wash your hands often in warm, soapy water for 20 seconds. Wash them after you sneeze, blow your nose, cough, eat, or go to the washroom.



- Cough and sneeze into your arm or sleeve, NOT your hands!



- Stay away from sick people so you don't get sick.
- Tell an adult **RIGHT AWAY** if you don't feel well.