

# Limit the Spread of Germs

That can make you and others sick

## Wash Your Hands



With soap and  
warm water  
**OR**  
With alcohol-  
based hand  
cleaner

- After you cough, sneeze or use the bathroom.
- Before you touch your eyes, nose and mouth.
- After you touch dirty tissues or dirty surfaces.
- Before you prepare food and before you eat.

