



STAYING HEALTHY EVERY DAY.

PRACTICE GOOD HABITS EVERYDAY TO STAY HEALTHY

- Wash hands frequently with soap and water for 20 seconds (long enough to sing the "Sesame hand-washing" song twice). Alcohol-based hand cleaners are also effective.

*Wash, wash, wash my hands,
Make them nice and clean!
Rub the bottoms and the tops
And fingers in between*

- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

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