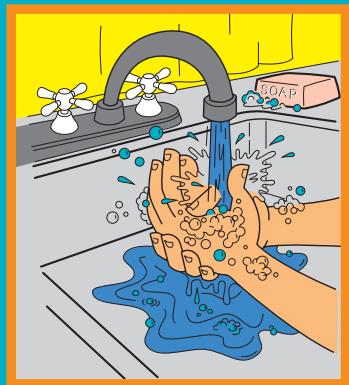


# Good Health IS In Your Hands!



**Do you know that the single most effective way to stop the spread of infection is by washing your hands?**

That's right. The Centers for Disease Control and Prevention say the most important means of preventing the spread of gastrointestinal (stomach flu) and respiratory (colds and the flu) illness is handwashing.

**There are other ways to prevent passing on germs to friends, family and co-workers:**

- cover your mouth when you sneeze or cough
- avoid other people when you are ill with a cold or the flu
- never share toothbrushes, towels, drinking glasses and utensils



**When do you wash your hands?**

- Before and after you cook or eat food
- After you feed or play with your pet
- After you change a diaper or blow your nose
- After you use the restroom
- Before and after you care for someone who is ill



Practice good respiratory etiquette and enjoy good health. Cover your mouth when you sneeze or cough; keep your fingers out of your mouth, nose and eyes; and wash your hands regularly.

**Remember: good health is in YOUR hands!**

