BE A GERM STOPPER.

Cover Coughs and Sneezes. Clean Hands.

Be a germ stopper at school-and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

Clean your hands a lot.

- After you sneeze or cough
- Before you eat
- After using the bathroom
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best.

Wash long enough to sing the "Happy Birthday" song twice.
Or, use gels or wipes with alcohol in them. This alcohol kills germs!

Stop germs. And stop colds and flu.

www.cdc.gov/germstopper

Kansas Department of Health and Environment

CDC Centers for Disease Control and Prevention