YOUR HEALTH IS IN YOUR HANDS

HELP STOP THE SPREAD OF GERMS That Cause The Common Cold, Flu, And Even SARS.

Always WASH YOUR HANDS WITH SOAP AND HOT WATER, Or USE A WATERLESS HAND CLEANSER After:

- Blowing your nose or coughing
- Using the bathroom
- Before and after eating
- After being in contact with or being near someone who is ill
- Before and after handling and preparing food
- After touching animals

FIND OUT MORE AT: www.health.state.ny.us

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