



Keep Your Germs To Yourself!

No one likes being sick!

- **Wash those hands!**

Clean your hands with soap and water after coughing or sneezing; before preparing food or eating; after touching pets; after using the bathroom; and after handling dirty things like diapers or garbage.

Lather up and sing “Happy Birthday”!

Rub hands together vigorously, lather up including between fingers and around nails, and wash for about 15 seconds – about as long as it takes to sing “Happy Birthday” song!



No water? Use a waterless hand soap or handscrub.

- **Use a tissue!**

Cover your nose and mouth with a tissue when sneezing, coughing, or blowing your nose.



Trash it! Throw your used tissue in the trash as soon as you can.

No tissue? Use your sleeve! Cough or sneeze into your upper arm if you don’t have a tissue!

- **Fever or cough? Stay home!** No one wants your germs.

- **Be a friend – don’t share!** Keep things like towels, toys, food, drink containers, and anything that may have germs on them to yourself.



For more Fact Sheets please go to www.ParentHelpNH.org

Children’s Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org