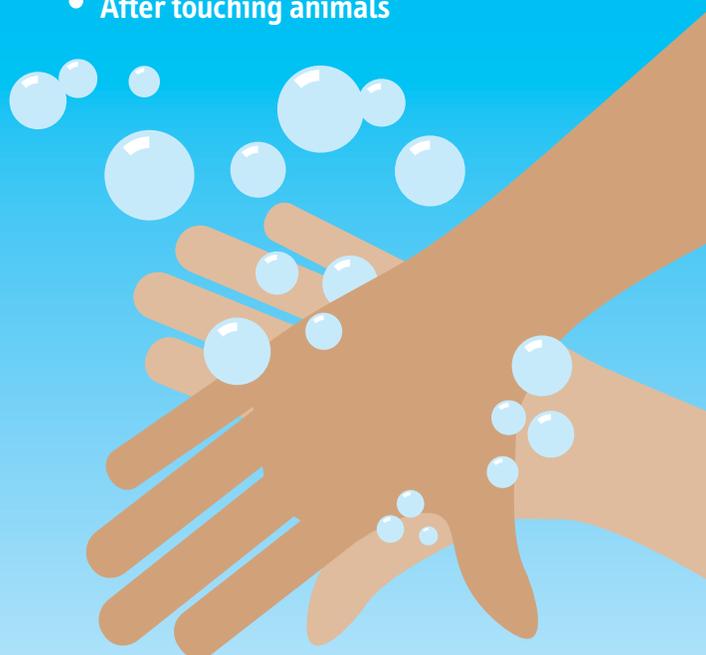


YOUR HEALTH IS IN YOUR HANDS

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