## HOW YOU CAN HELP OTHERS STAY HEALTHY



WASH YOUR HANDS

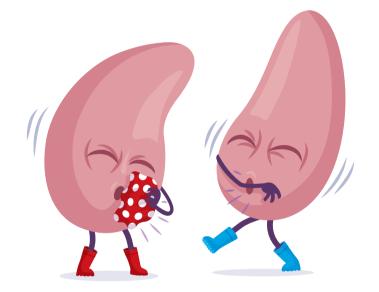
Wash hands regularly, with soap and warm water, for at least 20 seconds while singing the ABCs.



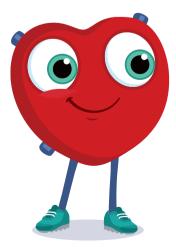
## HAND SANITIZE AS A BACK UP

If soap and water are not available. the next best option is hand sanitizer.





SNEEZE INTO A TISSUE OR YOUR ELBOW IF YOU DON'T HAVE ONE





IT'S GOOD TO LEAVE A LITTLE

SPACE WHEN YOU'RE UNWELL







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