YOUR HEALTH IS IN YOUR HANDS

HELP STOP THE SPREAD OF GERMS That Cause Colds, Flu, and Other Respiratory Diseases.

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

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