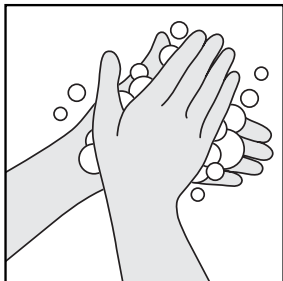




Stop that Germ!

Use these ideas to keep germs away!

For Kids!



Wash your hands several times a day. Be sure to wash them before eating and after using the bathroom. Wash with soap and water for about 20 seconds.



Cough or sneeze into your elbow instead of your hands.

For Parents!



In addition to washing your hands and coughing or sneezing into your elbow, clean surfaces that the family touches most often with an EPA-registered disinfectant to kill germs.

Play this game to help you remember good hygiene.

1. Cut out the tickets and awards below.
2. If you see a family member forget to practice good hygiene, give them a *Germ in Progress* ticket to help them remember.
3. Give the *Germ Stoppers Award* when you see a family member using good hygiene.
4. At the end of the week, count the number of tickets each person has and subtract them from the number of awards they have. The person with the biggest number wins!

