

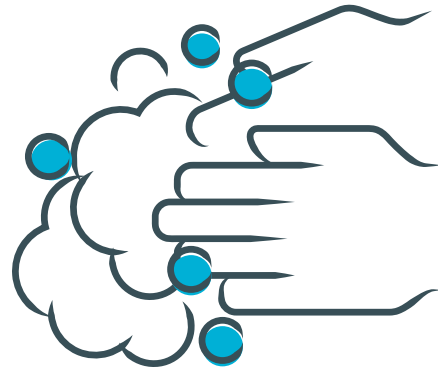
4 STEPS TO CLEAN HANDS

1



Apply soap and water.

2



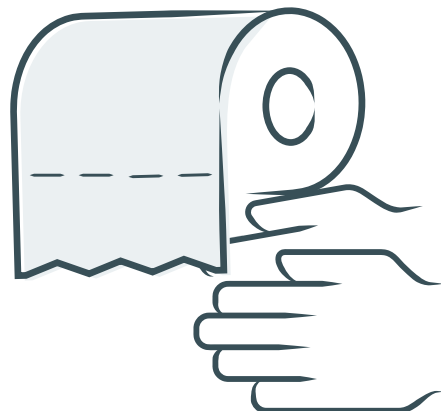
**Rub together for 20 seconds
to make lots of bubbles.**

3



Rinse in water.

4



Dry off.

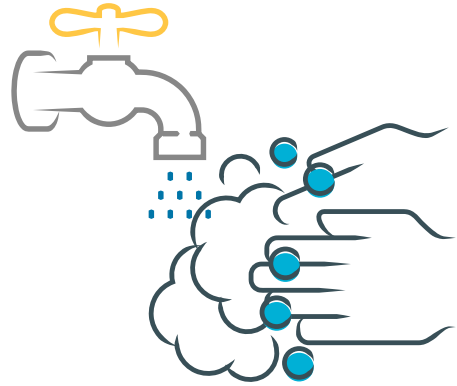
4 WAYS TO AVOID GERMS

1



**Cover coughs
and sneezes.**

2



**Wash hands
often.**

3



**Say hello with
an elbow bump.**

4



**Avoid touching
your face.**

Have to Cough or Sneeze?

**USE YOUR
ELBOW PLEASE!**



CLEAN CLASSROOM OM

CHECKLIST

- Pick up waste and place in proper containers.
-

WIPE DOWN

- student desks & chairs
 - teacher desk & chair
 - door knobs
 - light switches
 - faucets
 - cabinet handles
 - phone
 - common touch points
-

WASH

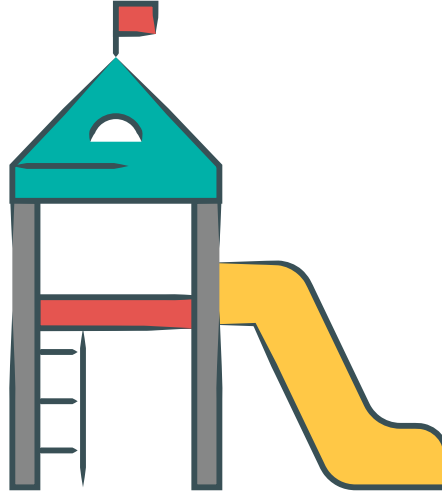
- coffee mugs, water glasses, & water bottles
- commonly used materials
- hands

WHEN TO WASH YOUR HANDS

After



Using the bathroom



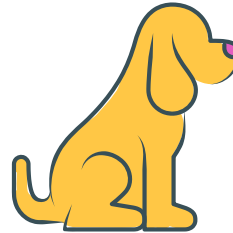
Playing outside



Coughing, sneezing, or blowing your nose



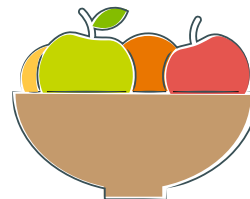
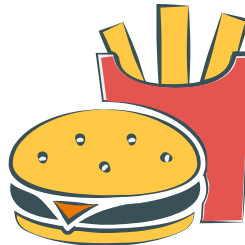
Touching your face



Playing with pets

Before & After

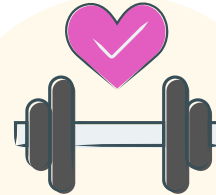
Eating



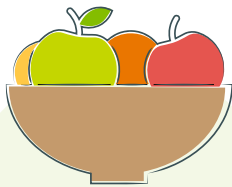
6 STEPS TO STAY HEALTHY



Get plenty of
SLEEP.



EXERCISE



Eat **FRUITS &
VEGETABLES.**



BE MINDFUL.



**DO THINGS
YOU ENJOY.**



Drink lots of
WATER.