

# INFECTION CONTROL

Or

HOW TO STOP THOSE DIRTY  
GERMS FROM MAKING YOU  
SICK



What is too small to see but has the power to make you sick? GERMS!

What are the two words that germs fear? Soap and Water

Germs are on everything we touch - and they are definitely NOT for sharing with others.

This is how you wash your hands to stop germs:

Wet your hands

Apply soap and work up some bubbles

Scrub for at least 20 seconds or as you sing the

    Birthday song or ABC song

Rinse your hands with lots of water

Dry your hands with paper towels or clean dry towel



Clean hands help you and  
others stay healthy.

When do we wash our hands????

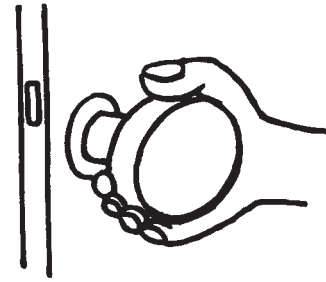
Before we eat

After we play outside

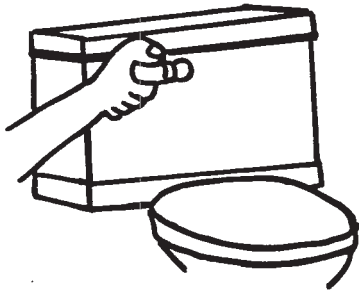
After we touch a pet

After using restroom

After touching a public surface like a door handle



And always remember **DO NOT** put your fingers in your eyes, nose, or mouth!



Always wash your hands after touching your pet.



Always wash your hands after playing outside.

Other ways to stop germs:

Good hygiene promotes good health. Take a bath or shower every day with soap and water to clear away germs. Wash your hair regularly. Wear clean clothes, underwear, and socks every day. Brush your teeth every morning and at night before bedtime to remove germs from your teeth.

### Sneezing and Coughing

Sneezing and Coughing can spread germs up to 3 feet away. When sneezing or coughing **ALWAYS** cover your mouth. Use a tissue to cover your mouth. If you have no tissue then use the fold of your elbow.

### HOW TO COVER A SNEEZE AND COUGH



Poison Control 1-800-282-5846