Stop the field of the field of

Wash Jour hands!

wet & soap wash 20 seconds rinse & dry

turn off water with paper towel.



cover your cough cover your sneeze

stay home.

tell a grown-up and stay home when you're feeling sick!



These tips help keep you and others safe!

Sponsored by Lovelace Health System

For more helpful tips: lovelace.com/dontbugme

