

# YOUR HEALTH IS IN YOUR HANDS

**HELP STOP THE SPREAD OF GERMS  
That Cause The Common Cold, Flu,  
And Even SARS.**

**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
- Before and after handling and preparing food
- After touching animals



**FIND OUT MORE AT: [www.health.state.ny.us](http://www.health.state.ny.us)**