

Don't Hand Those GERMS to ME!

Everyone knows that germs can cause illness. But did you also know that your unwashed hands could add up to lots of **GERMS** — and illnesses — for your family . . . friends . . . neighbors . . . and even strangers?

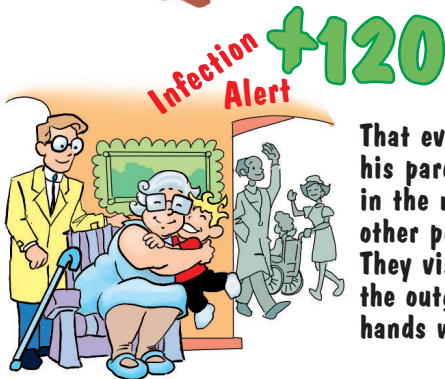
And remember: Soap and water are the tried-and-true way to clean hands. But if they're not available — use an alcohol-based wipe or hand gel!



It's the last class of the day. You get your mid-term tests back — you and your study buddy both aced it! Your friend covers a sneeze with his hand just before he high-fives your hand in celebration.



After school, you hurry to your babysitting job stopping to pet a neighbor's dog along the way. When you arrive at your after school job, you immediately prepare a snack for the 4-year-old you're watching.



That evening, the 4-year-old and his parents visit his grandmother in the nursing home, where 120 other people live and/or work. They visit during dinner hour, and the outgoing youngster shakes hands with many friends.



The next morning, the child attends day care with 15 other 4-year-olds, playing and sharing toys. Each of them gets picked up by a parent or guardian at the end of the day.



That same morning, the 4-year-old's parents head off to work. Between the two of them, they'll interact with at least 50 other people by the end of the day.

And meanwhile, back at your school — your friend has stayed home today. He has a terrible cold . . .



You + Your Unwashed Hands = Over 202 Possible Illnesses YUCK!



Healthy Schools, Healthy People — It's a SNAP! is a joint initiative of the American Cleaning InstituteSM and the Centers for Disease Control and Prevention. It is not copyrighted and is intended for educational purposes only.



american cleaning instituteSM
for better living



For more information, visit www.itsasnap.org