

DON'T DO THE

FLU

HELP KEEP GERMS AWAY DURING THE HALLOWEEN SEASON!

Trick or treat is a prime time to reinforce the importance of clean hands. It's a season filled with tempting treats like candy apples, cupcakes, popcorn balls and lots of candy. Take a few moments to talk to your children about the ways that they can scare away germs with good hygiene before trick or treating begins!

This year, celebrate Hallow-CLEAN! Remind your children, family members and co-workers to wash their hands with soap and warm water for 20 seconds. When there's no soap or water – reach for a hand sanitizer or wipe.

When should you wash your hands?



When preparing food



Before snack and meals



After using the restroom



After touching animals



When hands are dirty



When you or someone around you is ill



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