WASHING WORKS

FREQUENT HAND WASHING HELPS REDUCE THE TRANSMISSION OF MANY ILLNESSES INCLUDING THE COMMON COLD & THE FLU.

Use plenty of soap & water. Wash for 15-30 seconds. Shut off the faucet with a paper towel.

WASH BEFORE EATING, WASH AFTER CLASS, WASH TO BE EXTRA SURE. ALCOHOL FOAMS & GELS PROVIDE AN EFFECTIVE SUPPLEMENT TO HAND WASHING.