DON'T SPREAD GERMS - WASH YOUR HANDS!

6 Steps to Flush Germs Down the Drain







WASH FOR 20 SECONDS











This project was funded in part by UMASH through a cooperative agreement from NIOSH/CDC, U54OH010170 and by the MDH through a cooperative agreement from CSTE/CDC 5U38OT000143. The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

STOP GERMS!





DON'T TOUCH YOUR MOUTH

That's how germs get in your body and make you sick

KEEP FOOD AND DRINK OUT OF ANIMAL AREAS

Including sippy cups, bottles, and pacifiers



CLOTHING
AND SHOES
Change your clothes
and leave shoes at the
door when you get
home. Germs can "hitch
a ride" on clothing and shoes.

Kids under five, senior citizens, pregnant women and those with underlying medical conditions are at higher risk for more serious infections.

More resources available at: umash.umn.edu/agritourism