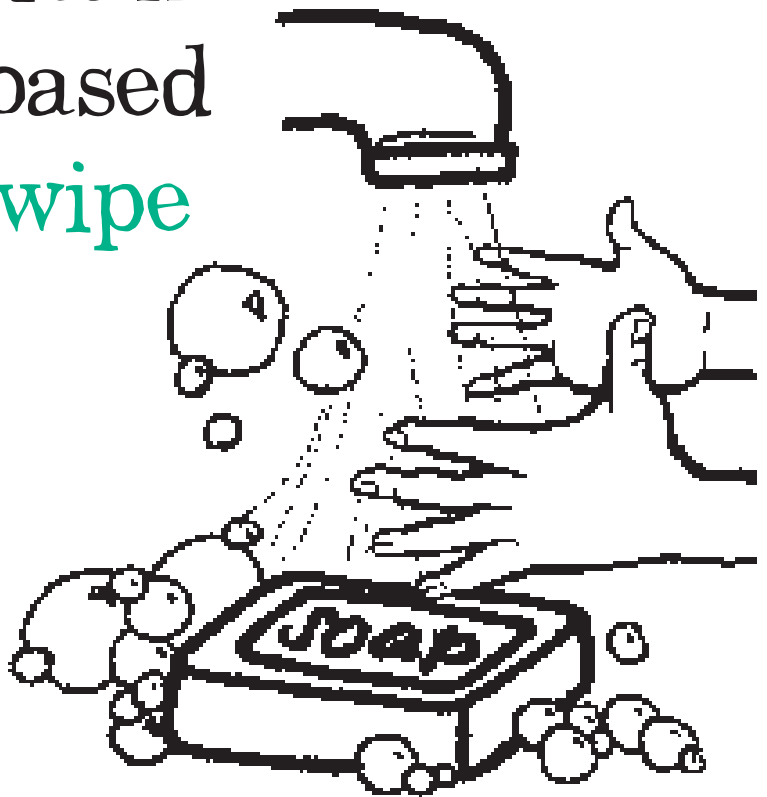


Stop the spread of germs that
make you and others sick!

Clean your Hands

After coughing or sneezing...
wash your hands with **soap and
warm water**, or clean
with an alcohol-based
hand cleaner or wipe



This message is brought to you by the Oregon Department of Human Services, the Association for Professionals in Infection Control and Epidemiology, Inc., and your local county health department, with special thanks to the Minnesota Department of Health for sharing these illustrations.