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.