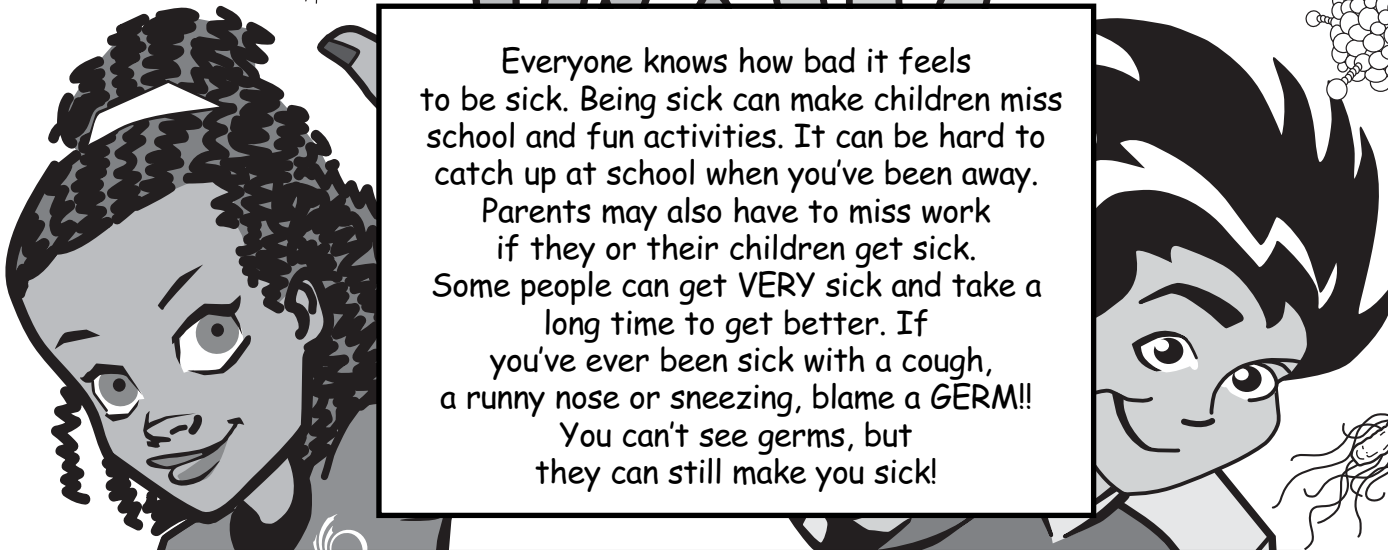


Be A Germ Stopper!



Everyone knows how bad it feels to be sick. Being sick can make children miss school and fun activities. It can be hard to catch up at school when you've been away. Parents may also have to miss work if they or their children get sick. Some people can get VERY sick and take a long time to get better. If you've ever been sick with a cough, a runny nose or sneezing, blame a GERM!! You can't see germs, but they can still make you sick!

Germs:

- Can't be seen with your eyes alone
- Live on surfaces like tables, doorknobs, keyboards and HANDS!
- Can hitch a ride from a table to your hand and then to your mouth, eyes, nose, cut or scrape, then make you sick!

Stopping germs is easy:

1. **Wash your hands** with soap and water for at least 15 seconds. Singing the 'Happy Birthday Song' twice takes about this long.
2. **Use an alcohol-based hand sanitizer** if you can't wash your hands. Use a squirt the size of a dime and rub all over your hands until dry.
3. **Cover coughs and sneezes** with a tissue or your upper arm, not your hands! Throw the tissue away and clean your hands immediately.
4. **Keep your hands away from your face** to help keep germs out of your body!
5. **Keep yourself healthy!** Get immunized, eat healthy food, be active, get plenty of sleep, and don't share water bottles, lip gloss, or anything else that touches your mouth.
6. **Stay home when you are sick**, especially if you have a cough, fever, diarrhea or vomiting.

**Help keep yourself, your family and your friends healthy...
Be a Germ Stopper!**

www.peelregion.ca/health 905-799-7700
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