STOP GERMS!
WASH YOUR HANDS

Germs are Everywhere
In the air and on surfaces we touch. They enter our bodies through the air or from our hands.

Keep Clean!
- Phones
- Keyboards
- Mouses
- Countertops
- Door Handles
- Light Switches

Slow the spread of germs
- Stay home when sick
- Cover coughs and sneezes
- Wash your hands

Wash Hands

Why?
- Stay healthy
- Prevent spread of illnesses

When?
- Before eating
- After restroom
- After coughing, sneezing or being around someone ill

How?
- Wash with soap and water for 20 seconds
- Use an alcohol hand sanitizer and rub hands until dry

IOWA STATE UNIVERSITY
Environmental Health and Safety

Thielen Student Health Center: (515) 294-5801
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