HOW TO BE A GERM FIGHTER



Wash your hands like you just touched





SPLASH some water on your hands



SQUIRT some soap on



SCRUBthe front and back of your hands, don't forget in between your fingers!



Cough and sneeze into the sleeve of your elbow

Don't cough or sneeze into your hands. This helps stop germs from spreading when people touch things after they cough or sneeze.



SING
Happy Birthday twice
to make sure you
have scrubbed for
20 seconds



SPLASH some more water on and rinse the soap



sop up the water by drying your hands with paper towel

Stay home if you're not feeling well

Remember to complete the daily health-check before going to school: **k12dailycheck.gov.bc.ca**



