**Clean Your Hands**

Cleaning your hands is the most effective way to prevent the spread of germs. Regular hand cleaning with soap and water, or an alcohol based hand sanitizer will reduce the risk of getting sick.

Cleaning your hands should occur:

* Before preparing meals
* Before eating
* After using the washroom
* After coughing or sneezing
* After blowing your nose
* After playing with pets
* After playing outdoors

Use warm water and soap and lather and scrub for at least 15 seconds if your hands are visibly dirty.

For more information, talk to your school nurse or go to www.niagararegion.ca/health.