

**“Make sure you wash your hands.
Ask if I’ve washed mine, too.”**



When it comes to fighting infection, the world’s first preventive treatment is still one of the best. To combat the spread of common colds, strep throat, or the flu, there’s still nothing like soap and water.

Wash hands frequently with soap and water—especially before preparing a meal or eating, after using the restroom, taking out the trash, or changing a diaper.

If you cough or sneeze, cover your mouth and nose using tissue, or even use the bend in your elbow, to prevent spreading your germs to others. Wash your hands afterward.

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