



Miguel Garcia knows his handwashing ABC's: Always Better Clean.

Miguel Garcia has already been taught the importance of washing his hands. He's learned all about germs—how they survive on surfaces and travel in the air. It's a lesson he takes with him to school,

To fight infection:

- **Wash hands frequently with soap and water**—especially before preparing or eating a meal, after using the restroom, taking out the trash, or changing a diaper. You can also clean your hands with an alcohol-based hand sanitizer—rubbing your hands thoroughly with it until they're dry.
- **Cover cuts and scrapes with a bandage** to prevent infection. (The wound doesn't have to "breathe"). Change the bandage periodically (every other day, if possible).
- **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.
- **If you have an infection and are being treated with an antibiotic**, take the full prescription; stopping before finishing a prescription may allow the infection to return stronger—and more resistant to treatment.

where he always washes his hands at lunchtime, snacktime, and after using the restroom. He knows it can mean catching fewer colds and other illnesses, and more time being healthy and active.

Common colds, strep throat, even the flu, don't stand much chance against the Garcia family. Being informed and communicating with their doctor helps the Garcias get the best health care.

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