

4 Tips From  
**ST+HOPE**  
PUBLIC SCHOOLS



To help  
**STOP THOSE GERMS!**

1. Wash your hands often with soap and water for at least 20 seconds.  
If soap and water are not available, use an alcohol-based hand sanitizer.
2. Avoid touching your eyes, nose and mouth with unwashed hands.
3. Avoid close contact with people who are sick.
4. Cover your coughs or sneezes with a tissue and then throw the tissue in the trash.  
If tissues aren't available, cough or sneeze into the inside of your elbow.