

I will help stop
the spread of germs!



I will follow
Henry the Hand's
**4 Principles of
Hand Awareness:**

1. Wash your hands
when they are dirty
and before eating
2. Do not cough
into your hands
3. Do not sneeze
into your hands
4. Above all,
do not put your fingers
in your eyes, nose or mouth

I pledge to be a Champion Handwasher
and to help stop the spread of germs!



signature

visit www.henrythehand.com

© 2010 William P. Sawyer, MD