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!

Practice the 4 Principles of Hand Awareness for good health!

Adults too!

Mucous membranes of your eyes, nose or mouth are where germs enter your body!

Visit www.henrythehand.org