



Get Mr. Germ on the run!

Keep him away, wash every day!
It's good clean fun! Wash all over at least once a week.

Hands

Always wash after using the toilet and before eating. Never bite fingernails or put fingers in mouth.

Teeth

Wash every morning and night. Better still, after every meal.

Hair

Wash at least once a week

Ears

Wash with water. Never probe inside them.

Nose

Don't pick it. Use a clean hankie. Don't cough or sneeze on food.

Feet

Wash them and change socks regularly. Cut nails straight across.

Underarms

Wash every day. Especially after heavy exercise.

Underwear

Change underwear regularly.

Neck

Wash every day.

Don't give Mr. Germ a chance. Wash him down the drain and live a happy healthy life.

Health Promotion Unit.