Get Mr. Germ on the run!

Keep him away, wash ever 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.