



# DON'T TOUCH!

Your hands touch pretty much everything, from uncooked food, toilet paper, pet hair, and dirt on the bottom of your shoes. Germs stick to your hands. When you touch your eyes, nose, or mouth, you're exposing yourself to those germs.

Keep your hands away from your eyes, nose, and mouth and do your part to stop the spread of infectious diseases.

**STOPPING THE SPREAD  
STARTS WITH YOU!**