

# In the Classroom

***Following some simple rules will help you avoid germs that can make you sick.***



Your Local Distributor

**Multi-Clean®**  
Your Guide to Clean!

## ***Be smart about germs.***

- ✓ **Wash or sanitize hands after blowing nose, coughing, or sneezing.**
- ✓ **Ask to see the nurse if you receive a cut to have it properly treated and bandaged.**
- ✓ **Wash hands regularly with soap and warm water, especially after using the restroom.**
- ✓ **Refrain from chewing on writing utensils.**

**Tell your teacher, coach or athletic trainer if you think you may have a skin infection.**