

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.