

# In the Restroom

***Washing your hands with soap and water is still one of the best ways to prevent diseases.***



Your Local Distributor

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

***Protect yourself against illness and infections.***

- ✓ **Wash hands thoroughly with soap and warm water, especially after using the restroom.**
- ✓ **Avoid sharing personal items like towels, razors, or tweezers, which can spread infections.**
- ✓ **Cover cuts and abrasions.**
- ✓ **Avoid picking, squeezing or scratching scabs, abrasions, bumps or rashes.**

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