

STOP GERMS FROM SPREADING

to keep yourself and others
healthy and strong!



Help keep harmful germs away by washing your hands, brushing your teeth, cleaning your body and covering your nose and mouth with your elbow when you cough or sneeze.



Funding for this project was provided by the Missouri Department of Health and Senior Services, through the Health Disparities Program Office, contract #DH230052264. This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by CDC/HHS, or the U.S. Government.