

# WALLY CAT WANTS YOU TO BE HEALTHY!



## WASH YOUR HANDS OR USE A HAND SANITIZER OFTEN!

- ▶ After coughing or sneezing
- ▶ Before touching your food
- ▶ After using the bathroom
- ▶ After handling animals or their waste

## YOU CAN REMOVE UP TO 99.9% OF THE GERMS THAT GET ON YOUR HANDS IF YOU:

- ▶ Use clean warm water
- ▶ Apply soap
- ▶ Rub your fingers and hands together and scrub for 20 seconds (sing Happy Birthday twice)
- ▶ Rinse with clean warm water
- ▶ Dry hands with a clean towel or paper towel

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