



Hey germs, no hands!  
Off you go to the garbage can!

Prepared by the Comité de prévention des infections dans les services de garde à l'enfance du Québec, based on tools developed by the Direction de santé publique de Montréal-Centre.



Cough and sneeze in the crook of your elbow



Cover your nose and mouth whenever you cough or sneeze

Use a tissue to wipe your nose well



Throw the tissue into the garbage right away



Wash your hands with soap and water

