



MILPA'S SIX STEPS TO STOP GERMS

KIDS NEED YOUR HELP TO STOP GERMS



1: BLOW NOSE UNTIL EMPTY



2: WASH HANDS WITH SOAP AND WATER



3: WASH FACE TO CLEAN SNOT AND YUCKY EYES



4: BRUSH TEETH WITH TOOTHPASTE, MORNING AND NIGHT



5: HAVE A SHOWER WITH SOAP EVERY DAY



6: DON'T SHARE TOWELS



AND REMEMBER TO ALWAYS COUGH AND SNEEZE INTO YOUR ELBOW