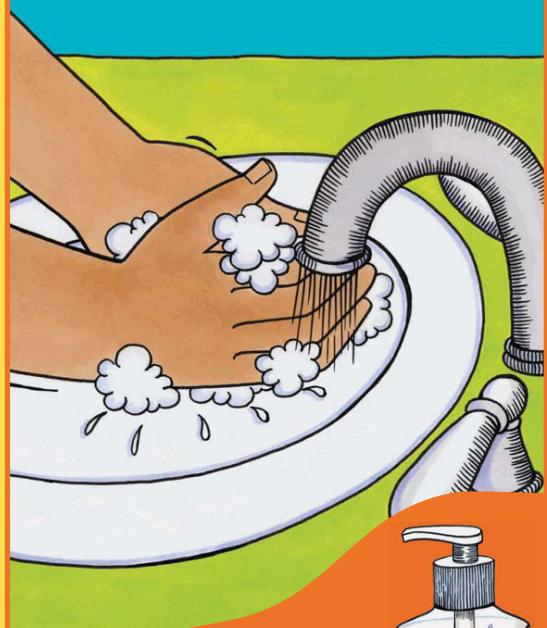


# Stop Germs, Stay Healthy!

**Wash hands often for 20 seconds**



Can't wash?  
Use alcohol-based hand sanitizer



**Polk County Health Department**



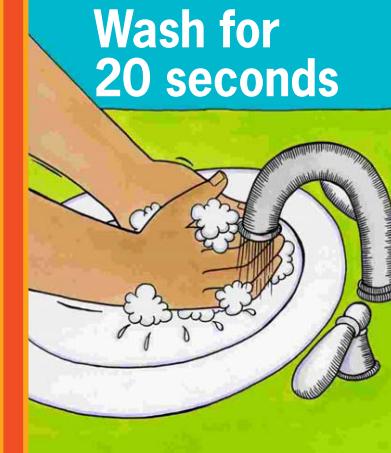
1907 Carpenter Ave  
Des Moines, IA 50314  
[polkcountyiowa.gov/health](http://polkcountyiowa.gov/health)  
515-286-3798

**Wash hands often with soap and warm water**

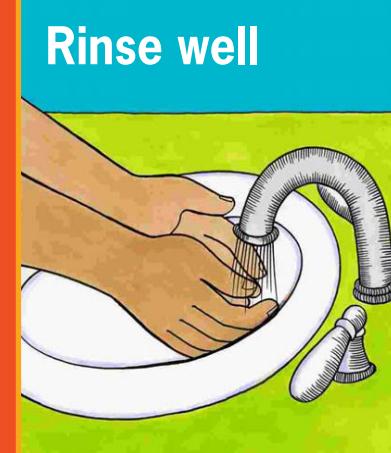
**Use soap**



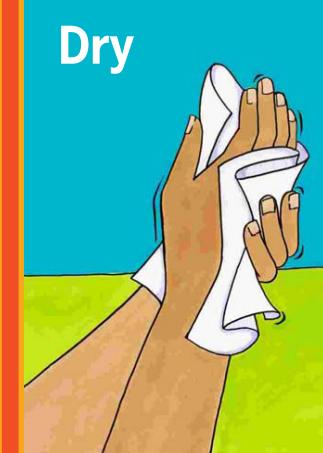
**Wash for 20 seconds**



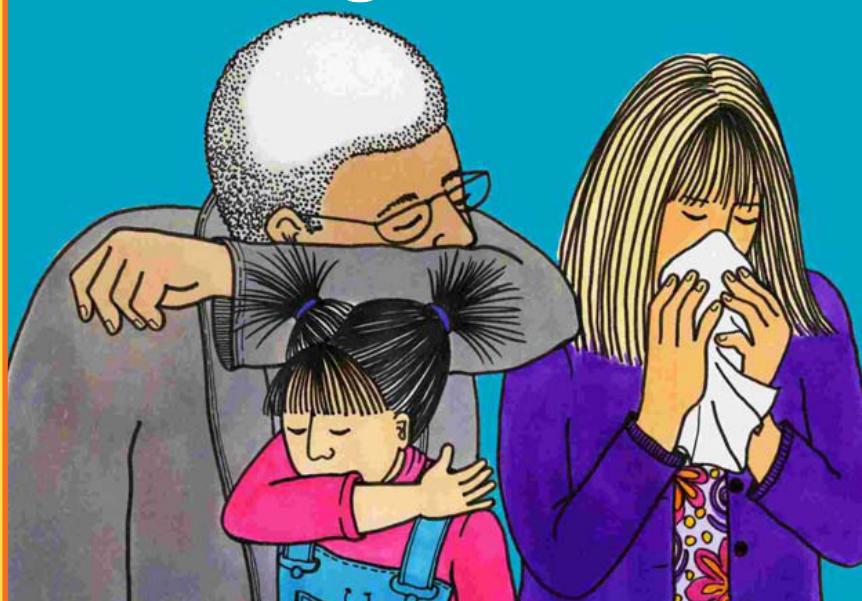
**Rinse well**



**Dry**



**Cover coughs and sneezes**



**When sick, stay home**



Adapted with permission from Public Health - Seattle & King County