

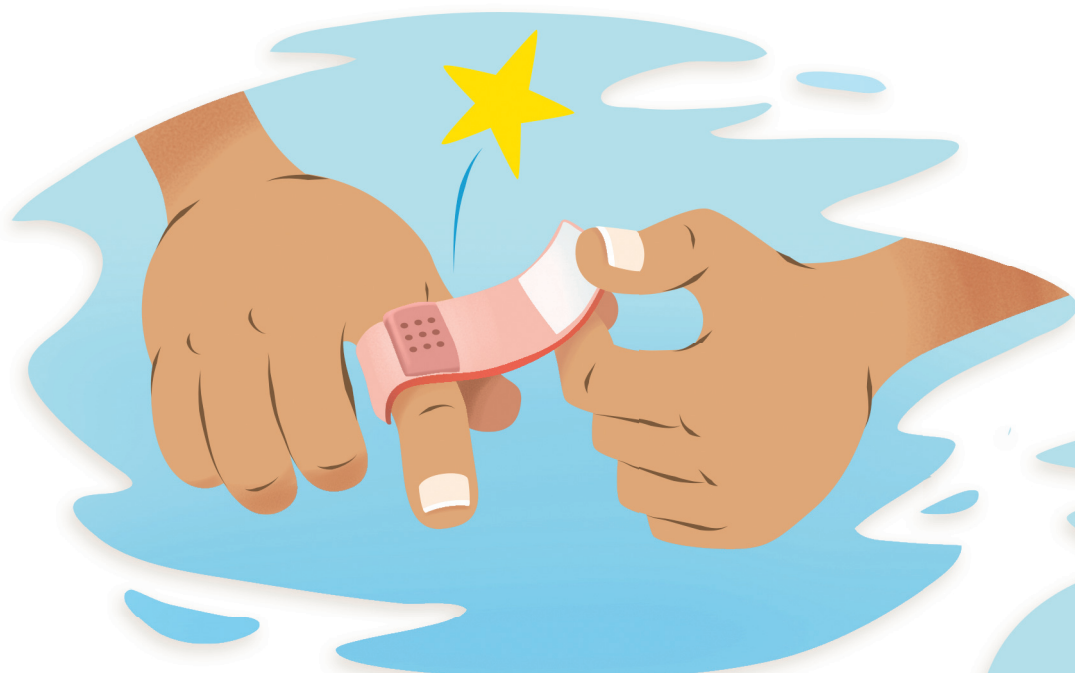
Stay clean as



Wash your body and hair regularly.



Brush your teeth twice a day.



Keep cuts and sores clean and covered.



Keep coughs, colds and other germs to yourself.



Don't share drinks.



Wash your hands with soap after going to the toilet and before eating. Dry your hands using a clean towel.



Don't spit – it's gross!



Wear clean underwear and socks every day.