

Stay Clean As



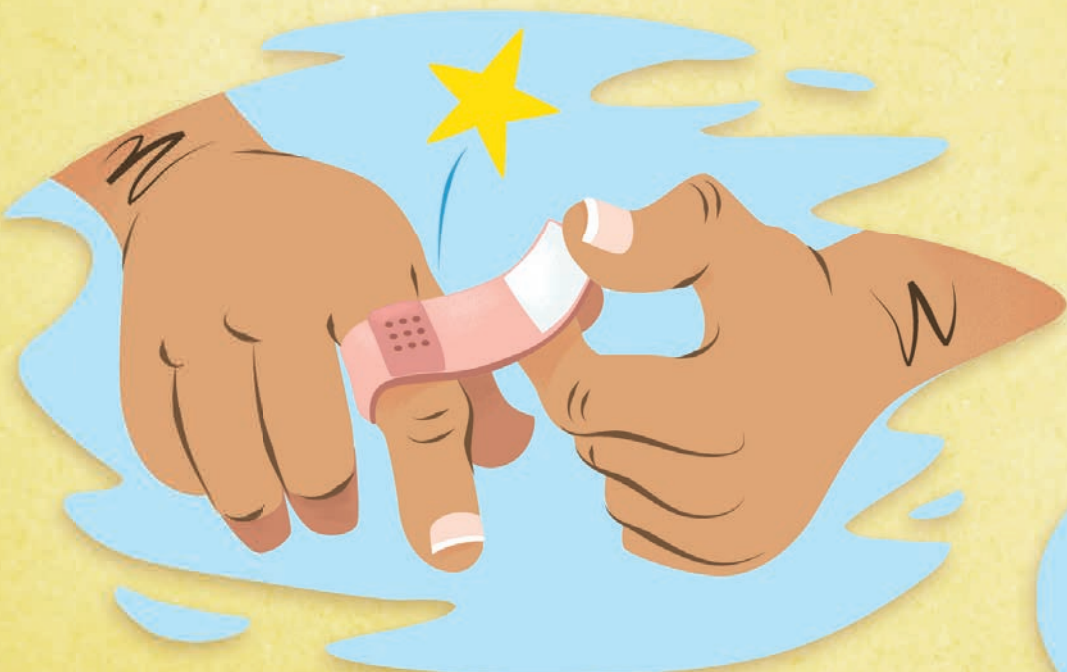
Shower or wash all over every day with soap.



Brush your teeth twice a day.



Wash and dry your hands after going to the toilet and before eating.



Keep cuts and sores clean and covered.



Keep coughs, colds and other germs to yourself.



Don't spit ~ it's gross!



Don't share drinks.



Change sheets and towels often (at least once a week).



Wear clean underwear and socks every day.

This resource is based on information from the Ministry of Health resource *Clean As*, January 2000.

This poster has been redeveloped with permission from the Department of Corrections.

New Zealand Government