

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.



Don't spit ~ it's gross!



Don't share drinks.

Keep coughs, colds and other germs to yourself.



Wear clean underwear and socks every day.

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

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

New Zealand Government

hpa health promotion agency

DEPARTMENT OF CORRECTIONS
ARA POUTAMA AOTEAROA

MINISTRY OF HEALTH
MANATŪ HAUORA

June 2013. 06/2013. Code DC1308