## Stay Clean



Shower or wash all over every day with soap.



Brush your teeth twice a day.



Keep cuts and sores clean and covered.



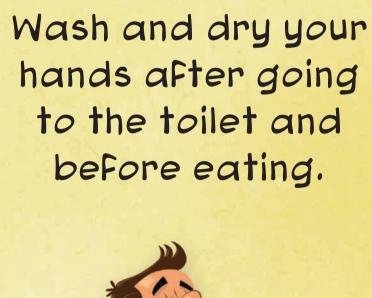
Keep coughs, colds and other germs to yourself.



Pon't share drinks.



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





Pon't spit ~ it's gross!



Wear clean underwear and socks every day.

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







