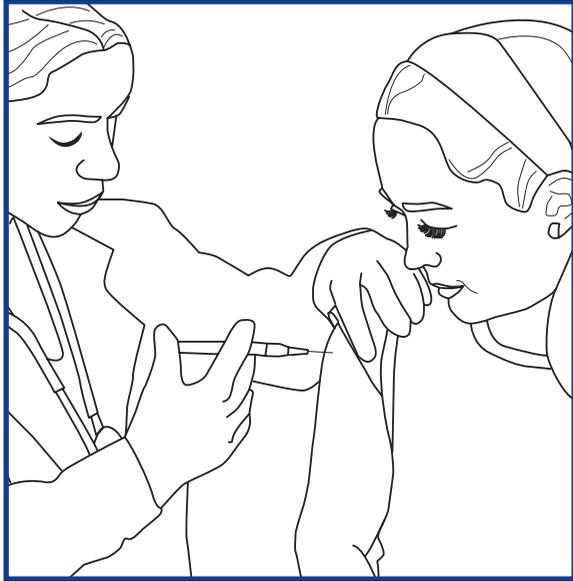


# SpeakUP™

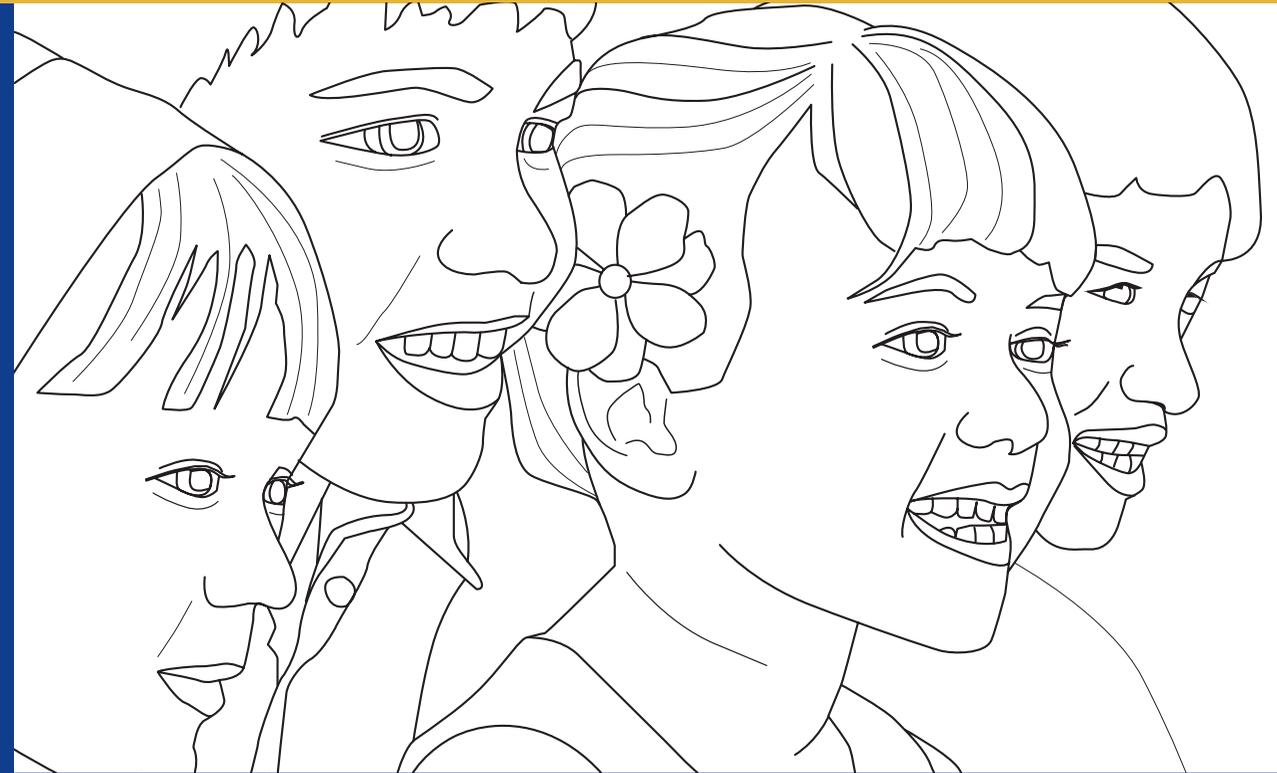


Get a flu shot  
to help stay well.

## SpeakUP™

Do not be afraid to ask your doctor or nurse to wash their hands or wear gloves.

Your school nurse and your playmates should wash their hands, too.



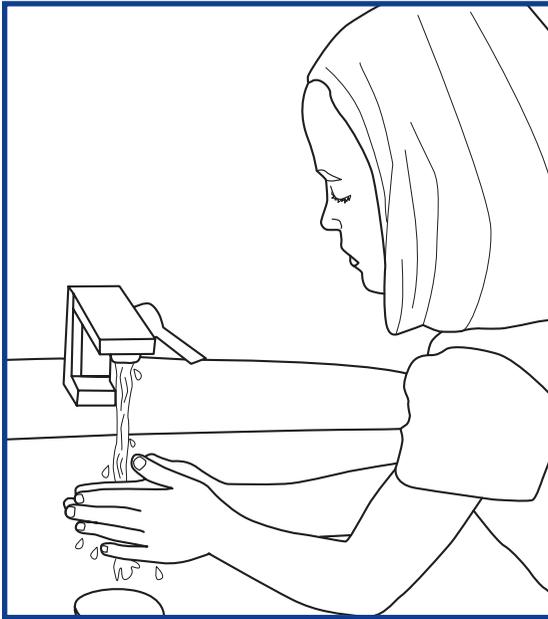
The Joint Commission is the largest health care accrediting body in the United States that promotes quality and safety.

*Helping health care organizations help patients*

## Stay well and keep others well

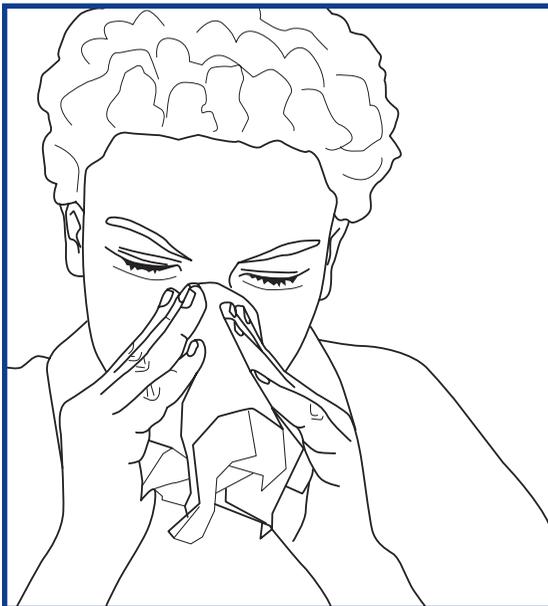
A special Speak Up™ brochure for kids to learn and color

# SPEAK UP



## Wash your hands.

- Use soap and warm water.
- Rub your hands good.
- Sing the birthday song twice – that’s how long it takes to kill germs.
- It is OK to use hand gel. Rub it all over your hands until your hands are dry.
- Wash your hands before eating.
- Wash your hands after you use the bathroom.
- Wash your hands after you play.



## Cover your nose when you sneeze.



## Cover your mouth when you cough.

- Use a tissue!
- Throw away the tissue.
- If you do not have a tissue, cover your mouth and nose with the bend of your elbow or hands.
- Wash your hands if you sneeze or cough on them.



## Stay at home if you are sick.

- Don't touch others.