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.

Get a flu shot to help stay well.

Stay well and keep others well

A special Speak Up™ brochure for kids to learn and color
The goal of the Speak Up™ program is to help patients become more informed and involved in their health care.

- **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 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.

- **Cover your nose when you sneeze.**

- **Stay at home if you are sick.**
  - Don’t touch others.