Elimine os germes, fique saudável!
Lave as mãos frequentemente com sabão e água morna

Stop Germs, Stay Healthy!
• Wash hands often with soap and warm water
• Wash for 20 seconds, rinse well and dry
• Cover coughs and sneezes
• When sick, stay home

Cubra a boca e o nariz ao tossir e espirrar
Quando estiver doente, fique em casa

Public Health
Seattle & King County

www.kingcounty.gov/health