

¡Detén el contagio de gérmenes que  
enferman a ti y a otros!

# Lávate las Manos

después de toser o estornudar

Lávate las manos con agua y  
jabón, o con un líquido  
sanitario a base de  
alcohol



 **DHS**  
Oregon Department  
of Human Services

**APIC**  
ASSOCIATION FOR PROFESSIONALS IN  
INFECTION CONTROL AND EPIDEMIOLOGY, INC.

This message is brought to you by the Oregon Department of Human Services, the Association for Professionals in Infection Control and Epidemiology, Inc., and your local county health department, with special thanks to the Minnesota Department of Health for sharing these illustrations.