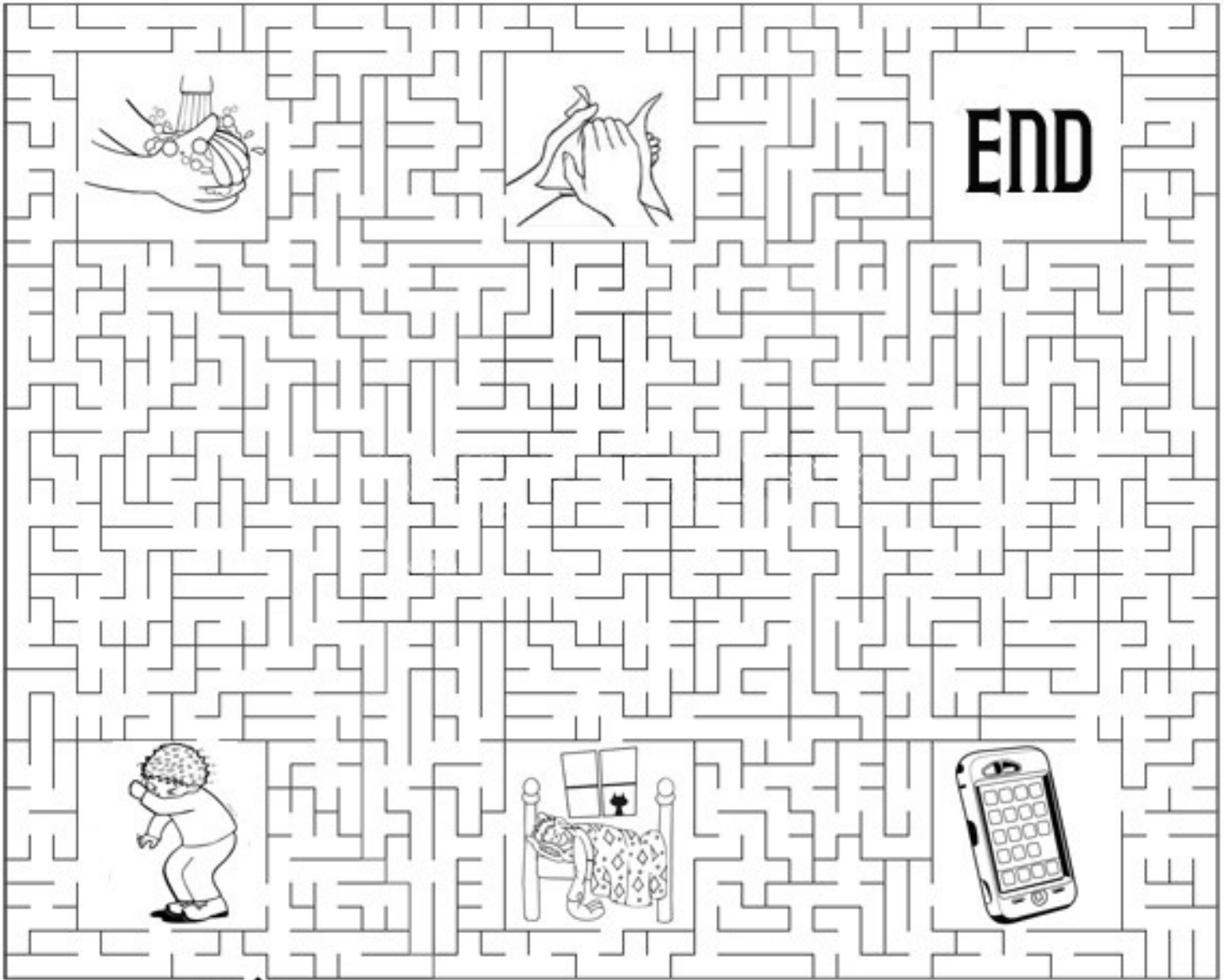




Alliance for
Consumer
Education

Tips for staying healthy

Stopping germs can be puzzling! Work your way through this maze to learn more about keeping *yourself and others healthy*.



Each photo corresponds with a tip for stopping the spread of germs. Follow the maze in the order of the tips below to make it to the end of the maze.

1. Cover your mouth and nose with your elbow or a tissue every time you sneeze or cough, even if you're alone.
2. Wash your hands for at least 20 seconds using warm water and soap.
3. Did you know damp hands spread 1,000 more germs than dirty hands? Make sure your hands are completely dry after washing them.
4. Get a full night of sleep every night to keep your immune system strong.
5. Most cell phones carry ten times more bacteria than a toilet seat. Clean your gadgets (cell