

Healthy Habits Keep Me Well



Wash hands thoroughly and often.



Cough or sneeze into sleeve or tissue.



Keep alcohol-based hand sanitizer handy.



Get immunized.



Keep surfaces and items disinfected.



Stay home if you're sick.



For more information, call Health Line at 1-888-221-2133 ext 3267

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HPPH - REVISED JANUARY 2020 - CA

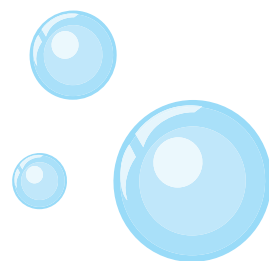
Washing your hands



Colouring Book

Name: _____





Hello!

Did you know that children are major spreaders of the flu and other illnesses in the household?

Help keep your family healthy this winter by following these infection control measures:

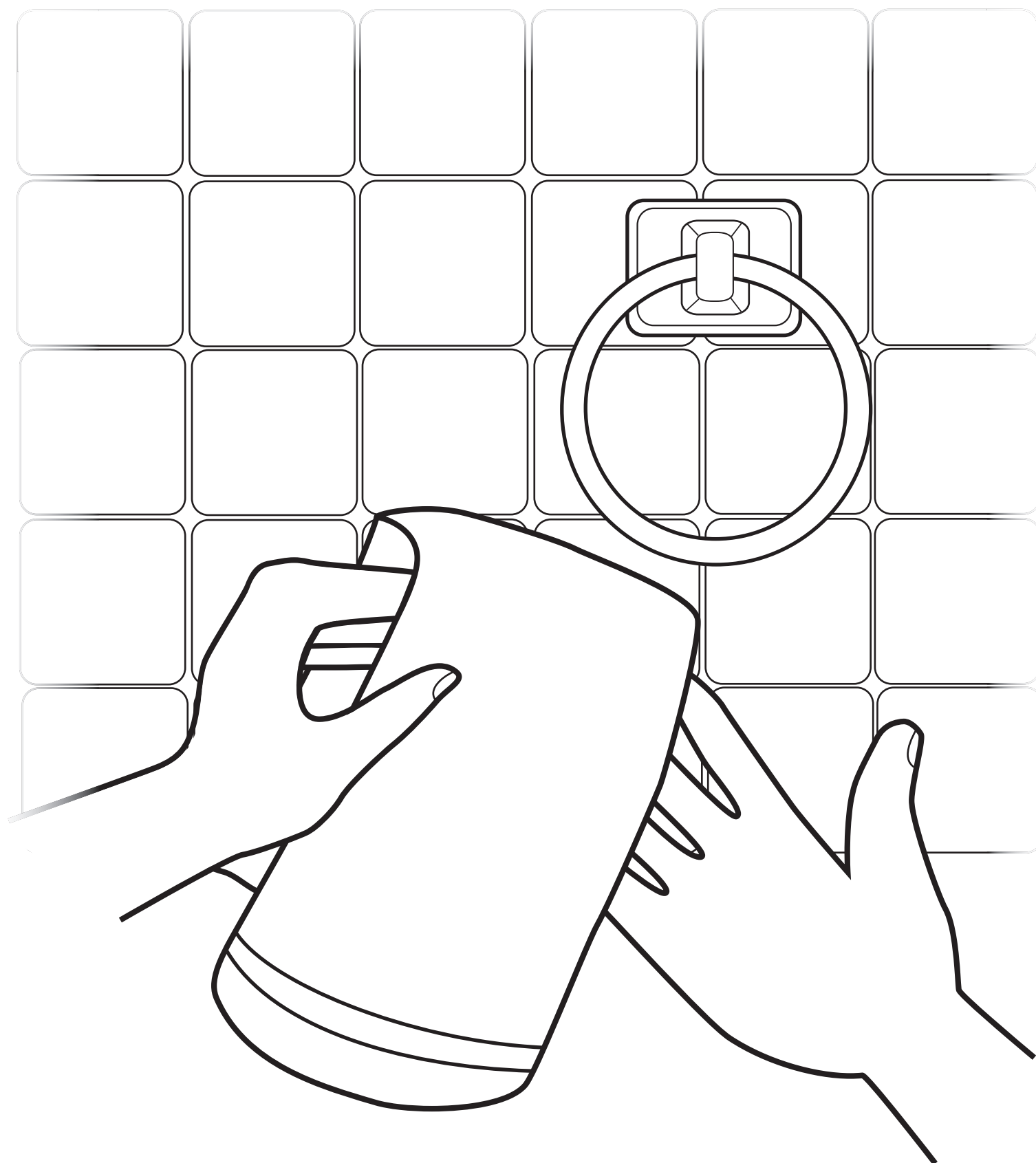
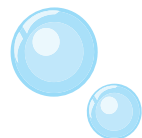
- Wash your hands and teach your children to wash their hands well and often
- Make sure everyone coughs or sneezes into their sleeve
- Keep children home from daycare or school if they are sick (visit www.hpph.ca and search Childcare Providers and Daycare for guidelines)
- Ensure immunizations are up to date. Make sure you and your children get the vaccines recommended by your healthcare provider at the proper times
- Keep surfaces and items disinfected.

We hope your children enjoy this colouring book and learning about how to wash their hands well!

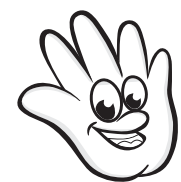
Thank you for helping stop the spread of illness in our community!

Sincerely,

The Infection Control Team



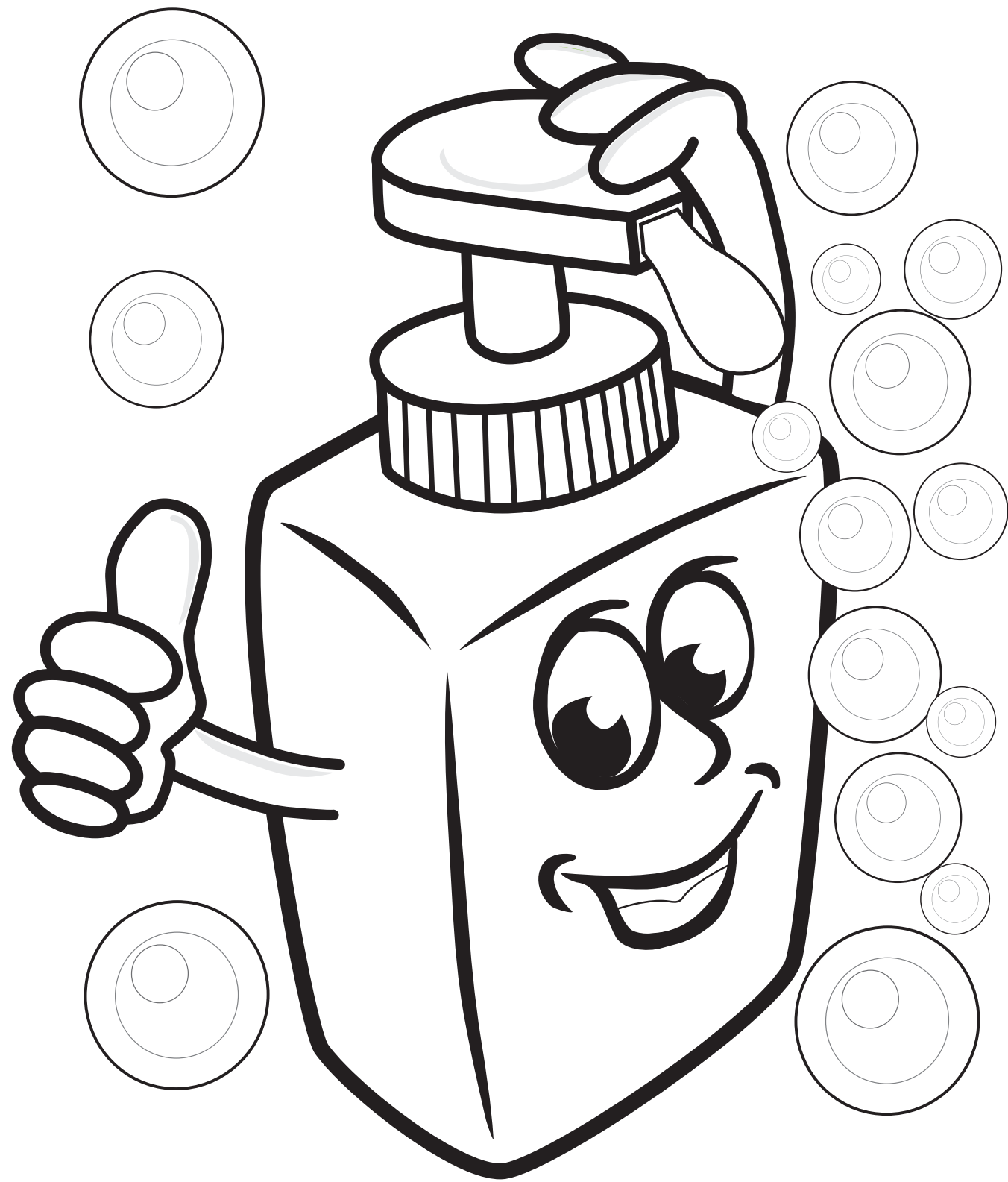
Step 5: Dry hands with clean towels



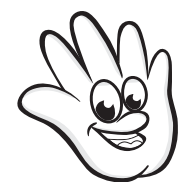
Step 4: Rinse well under warm running water



Step 1: Wet hands under warm running water



Step 2: Add soap to aid cleaning and kill germs



Step 3: Rub well for at least 15 seconds