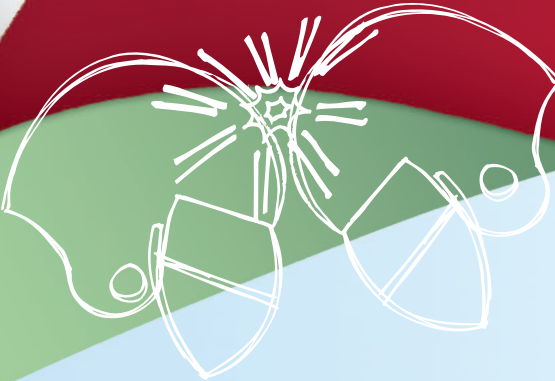
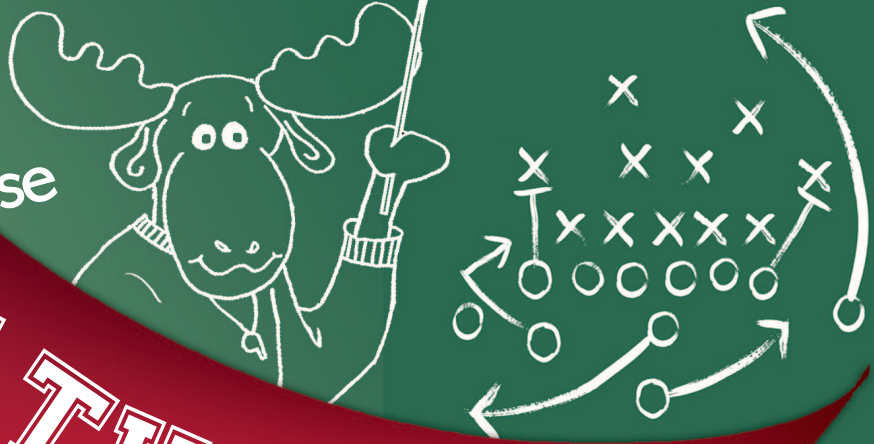


Help Sam the Moose

BEAT THE FLU

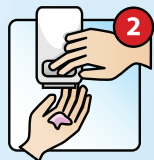
& colds too!



GAME PLAN



1 Wet hands with clean running water, warm if possible.



2 Apply soap and rub hands together to make a lather. Scrub all surfaces.



3 Continue scrubbing for 15-20 seconds, long enough to sing "Healthy Hands!"



4 Rinse hands well under running water.



5 Dry hands with air dryer or paper towel. Discard towel.



6 Use clean towel to turn off faucet and open the door.

Clean your hands!

Soap and warm water is an unbeatable defense against germs, or go on the offensive and carry alcohol-based hand sanitizer.

Cover coughs & sneezes!

No germs will get by you if you cover your mouth and nose with a tissue, even your upper sleeve will do. And don't get caught holding; put those used tissues directly in the trash. NEVER COUGH OR SNEEZE INTO YOUR HANDS!

Sick? Stay home!

Don't hand-off germs. Throw them a block instead and stay home if your sick.





BEAT THE FLU!

Good Samaritan Hospital would like to take a moment to remind you of three simple ways to stay healthy all year through: **Wash your hands. Cover your coughs. Stay home if you're sick.**

Practicing good hand hygiene is the single most effective way to prevent the spread of illness-causing germs. To help share this message, we encourage you to hang this poster in the restroom of your business or near any place where someone can "Beat the Flu" by washing their hands.

Here are some other helpful hints for staying healthy:

- *Cover your mouth and nose when you sneeze or cough—preferably with a tissue and then throw the tissue away. If a tissue isn't available, cough in your sleeve. Clean your hands each time you cough or sneeze.*
- *Clean your hands often with soap and warm water or alcohol-based gel sanitizers or hand wipes.*
- *Avoid touching your eyes, nose or mouth. Germs are most often spread when a person touches something contaminated and then touches their eyes, nose or mouth.*
- *Stay home when you are sick and check with a healthcare provider as needed. By staying home, you'll get better faster and may keep others from getting sick as well.*
- *Practice other good health habits like getting plenty of sleep, eating nutritiously and managing stress.*

Sam the Moose is back this year to help coach us through the flu and cold season. Coach Sam's Play Book, a coloring book that shares important lessons in staying healthy, is available FREE of charge from Good Samaritan Hospital. We're happy to share copies of this coloring book with preschools and schools, daycare centers and other groups the specialize in children's activities.

*If you would like our Coach Sam's Play Book coloring book,
or more copies of this poster, please contact:*

Good Samaritan Hospital Corporate Communications
(308)865-2275 or 1-800-235-9905
gshscorpcom@catholichealth.net

Or print your own copies of this poster and coloring pages at: **www.gshs.org**

We gladly provide these materials for free to promote a healthy community.