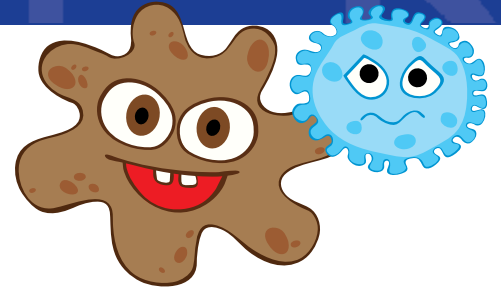


# ARE YOU READY?



**Get  
Ready**

[www.aphagetready.org](http://www.aphagetready.org)

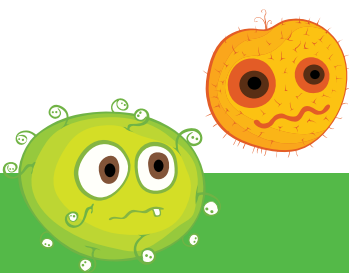


## Wash up!

**Germs are yucky!  
They make you feel  
icky and sick.**



**Germs live on your  
hands. You can get  
germs from other people.**



[aphagetready.org](http://aphagetready.org)



**But you can wash germs away!**

- 1. Wash your hands with warm water.**
- 2. Use soap.**
- 3. When you wash your hands, sing the “Happy Birthday” song two times.**



**Goodbye germs!**



800 I Street, NW · Washington, DC · 20001-3710  
202-777-APHA · [www.aphagetready.org](http://www.aphagetready.org) · [getready@apha.org](mailto:getready@apha.org)

*The Get Ready hand-washing campaign is supported by a grant from the Colgate-Palmolive Company.*