

MILPA'S SIX STEPS TO STOP GERMS



1: BLOW NOSE UNTIL EMPTY



2: WASH HANDS WITH SOAP AND WATER



3: WASH FACE TO CLEAN SNOT AND YUCKY EYES



4: BRUSH TEETH WITH TOOTHPASTE, MORNING AND NIGHT



5: HAVE A SHOWER WITH SOAP EVERYDAY



6: DON'T SHARE TOWELS



For information and resources visit:
www.iehu.unimelb.edu.au