

# 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:  
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