Do NOT touch the Tzone!

mucous membranes of your eyes, nose and mouth

The 4 Principles of Hand Awareness

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose or mouth!

Spread the word not the germs!

Visit www.henrythehand.org

The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP

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