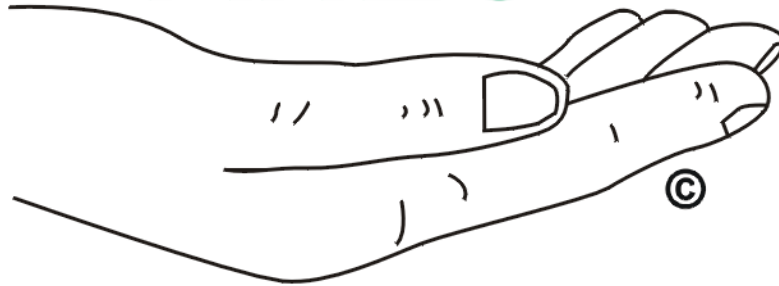


Your health is in your hands

AHEC



www.fyiahec.org

AHEC Avian Flu Prevention PSA

Your local Area Health Education Center, AHEC, reminds you to wash your hands to kill germs that spread infection and cause disease, and help prevent illness such as the flu.

Wash your hands with soap and water for 20 seconds after coughing, sneezing or wiping your nose, and before preparing food and eating. Wash your hands after using the bathroom, after handling garbage, diapers, and animals, and before and after attending to someone who is sick. Remember this simple task to stay healthy because...

YOUR HEALTH IS IN YOUR HANDS