

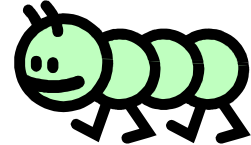


# Health Tip

## Avoid Germs

Digestive system upsets are one of the most common illnesses in our society.

These upsets are often caused by ingesting 'bad' germs in our food or drink, and other agents or channels allowing them to enter our system.



The following simple personal hygiene routines can help to keep you and others armed against these bugs:

- Wash your hands regularly.
- Always wash your hands before preparing or eating food.
  - Left-over food must be thoroughly reheated before it can be eaten safely.
- Take Away Foods ? - ask for freshly prepared food.
- **Toilet Stops: thoroughly wash your hands afterwards, and use a paper towel/tissue to open all doors on the way out - make it a habit of disposing of the paper towel on the outside of the toilet!**
- Teach your kids these simple steps, and they will be safer and healthier!



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17/8/04 HealthTip03 Avoid Germs incl disclaimer1.doc

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