



**SOUTHALLS**  
DEFINING SAFETY EXCELLENCE

# PROTECT YOURSELF AND OTHERS FROM GETTING SICK



## WASH YOUR HANDS

- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty

[WWW.SOUTHALLS.COM](http://WWW.SOUTHALLS.COM)