

**Handwashing is the Most Effective Way to Stop
the Spread of a Cold or Flu**

Wash Your Hands

Wash Your Hands After:

Shaking hands with fellow employees or coworkers.

Sneezing, blowing your nose, or coughing.

Handling food or eating.

Using the bathroom or changing diapers.

Touching a cut or open sore.

Playing with your pets.

Pinnacle Health & Wellness, LLC provides nutrition, health, and wellness information to businesses, organizations, and schools. Contact us today—info@pinnacle4health.com or 443-949-7016.