How to Stay Healthy

- Wash your hands with soap and water often for at least 20 seconds
- Wash your hands when you get home, to school or work
- Use hand sanitizer if you can't use soap and water
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze
- Put used tissues in the bin and then wash your hands
- Try to not get close to people who are sick
- Do not touch your eyes, nose or mouth if your hands are not clean

PCS® by Tobii Dynavox® and Boardmaker®
For a free trial go to www.boardmakeronline.com