

Don't Forget:

Hand Hygiene

To Do:

1. *Wash Hands*
2. *Everything Else*

Consider the cost of a cold:

Length of Average Cold: 10 days

Over-the-counter day-time medication for 10 days: \$15

Over-the-counter night-time medication for 10 days: \$15

Trip to the doctor's office, plus gasoline: \$40

Prescription Medication: \$30 = \$100

Plus...

Scheduling a Babysitter,

Taking off work,

Canceling on parties & holiday events and

Getting behind on your laundry, holiday shopping, household chores.

PREVENT THE COST OF A COLD:

WASH YOUR HANDS.

Take this simple step to keep you, and your family, germ free!



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