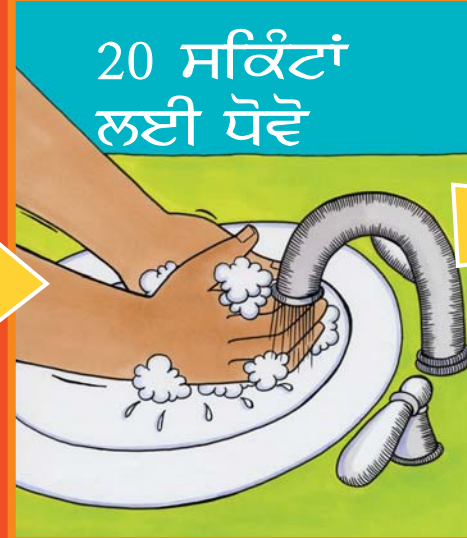


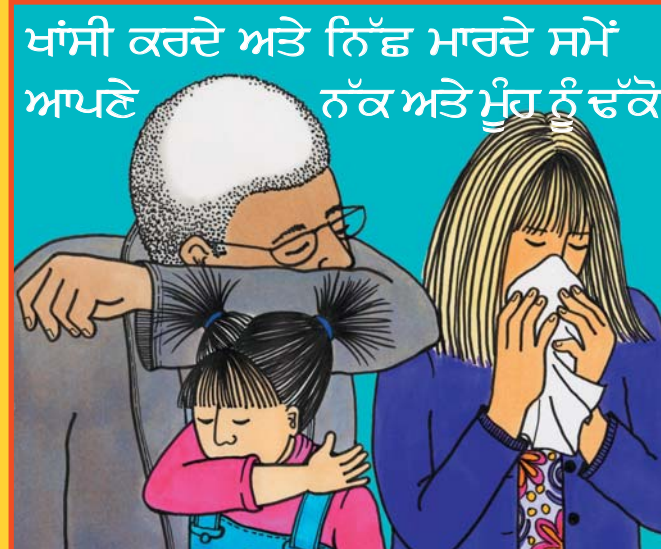
ਕੀਟਾਨੂਆਂ ਨੂੰ ਆਉਣ ਤੋਂ ਰੋਕੋ, ਤੰਦਰੁਸਤ ਰਹੋ!

ਆਪਣੇ ਹੱਥ ਹਮੇਸ਼ਾਂ ਸਾਬਣ ਅਤੇ ਗਰਮ ਪਾਣੀ ਨਾਲ ਧੋਵੋ



Stop Germs, Stay Healthy!

- Wash hands often with soap and warm water
- Wash for 20 seconds, rinse well and dry
- Cover coughs and sneezes
- When sick, stay home



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Public Health
Seattle & King County
PUNJABI/ENGLISH HW 2006

