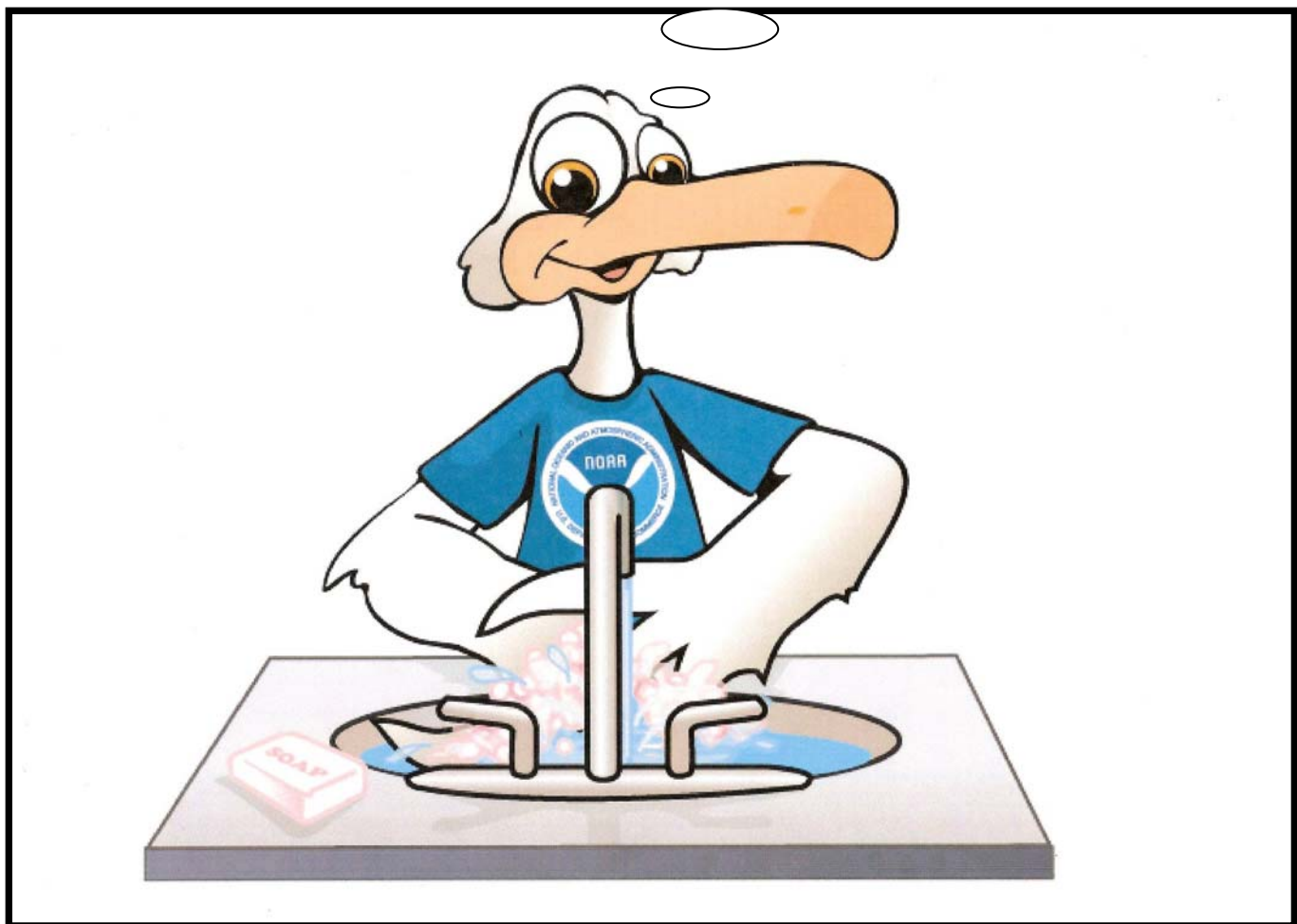




SAFETY SEAGULL'S SAFETY TIPS

*Drown A Germ
Wash Your Hands*



The First Line of Defense Against Germs

Germs - such as bacteria and viruses - can be transmitted several different ways, especially by touching dirty hands.

Is it important to wash your hands?

Simply put, yes. Hand washing is the single most effective way to prevent the spread of infections. You can spread certain "germs" (a general term for microbes like viruses and bacteria) casually by touching another person. You can also catch germs when you touch contaminated objects or surfaces and then you touch your face (mouth, eyes, and nose).

"Good" hand washing techniques include using an adequate amount of soap, rubbing the hands together to create friction, and rinsing under running water. The use of gloves is not a substitute for hand washing.



Safety Depends on You

For safety information, visit: www.seco.noaa.gov