



DON'T FLUSH AND RUSH!



It's COLD and FLU season...

Couldn't get a flu vaccine? Wash your hands!!

One of the best methods for staying healthy is to

sing 'happy birthday' twice

while lathering up! That's right, you need about 20

seconds of scrubbing to kill those porcelain germs.

(And don't worry about your singing voice- we won't say anything!)

