## A Health Education Series Free Event!

Presenter: Deb Merica, RN, BSN Public Health—Idaho North Central District



<u>Topic:</u> Make Hand Washing Part of Your Natural Routine



Regular hand washing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Source: Centers for Disease Control & Prevention <u>http://www.cdc.gov</u>



For more information, contact Deb Merica at Public Health-Idaho North Central District (208) 799-0379 <u>www.idahopublichealth.com</u>