



## Stop Germs! Wash Your Hands.

### When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



### How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN  
HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)





## 2022-2023 Training Calendar

PLEASE NOTE: **NEW LOCATION!**

**ITS/SIDS:** April 3rd, May 15th, July 17th, and October 23rd

To Register Call/Email Lissy at the Partnership: 704-933-8278 or  
lvrios@cabarruspartnership.org

**CPR/FA:** June 5th, and September 11th

To Register Call/Email Debra Pless or Melissa Jones to schedule.

\*\*CPR Class MUST be paid prior to class via cash, check or PayPal\*\*

\*\*\*ALL CLASSES are NOW AT MCGILL LEARNING CENTER from 6—8 p.m.\*\*\*

375 George W Liles Pkwy, Concord, NC 28027

**ENTER THROUGH SIDE DOORS**

**LEFT SIDE OF THE BUILDING NEAR THE DUMPSTER**

IF YOU ARE MORE THAN 10 MINUTES LATE YOU WILL BE ASKED TO RESCHEDULE—

**NO EXCEPTIONS!!!**

### Important Contacts



NC DCDEE	1-800-859-0829
Debra Pless, RN, CCHC	704-791-0058
Carolinias Poison Center	1-800-222-1222
Melissa Jones, RN, CCHC	704-787-2638
Cabarrus County DHS	704-920-1400
NC Immunization Branch	919-707-5550
Criminal Background Check Unit Line	919-527-6620



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