

# Do NOT touch the **T**Zone!

viscous  
membranes  
of your eyes,  
nose or mouth



## The 4 Principles of Hand Awareness

1. **WASH** your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers into your eyes, nose or mouth!

**Spread the word not the germs!**

**Visit [www.henrythehand.com](http://www.henrythehand.com)**

The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP

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