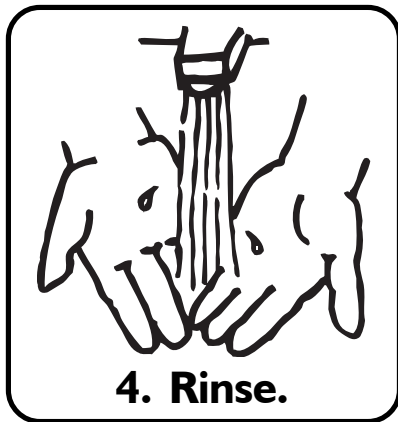
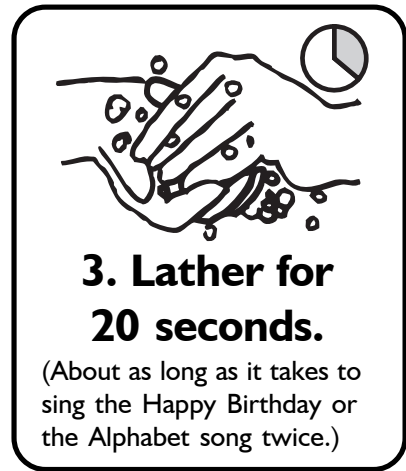
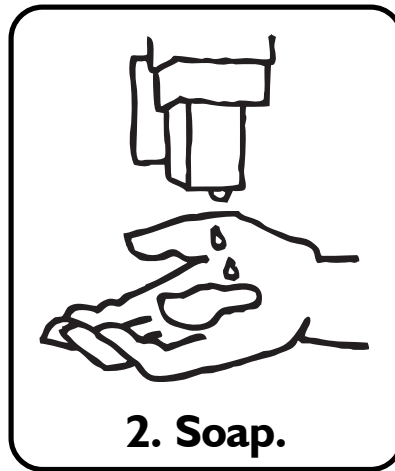


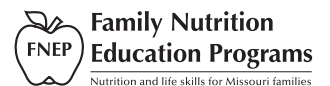
POSTER:

# Handwashing



## Always Wash Your Hands:

- Before and after touching food.
- After using the washroom.
- After sneezing, coughing or blowing your nose.
- After touching pets or handling garbage.
- After outdoor activities.



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Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/ftstamp](http://dss.mo.gov/fsd/ftstamp). For more information call MU Extension's Show-Me Nutrition line at 1-888-515-0016.

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