

|                         |                                      |                          |                                 |                         |
|-------------------------|--------------------------------------|--------------------------|---------------------------------|-------------------------|
| <b>B</b>                | <b>I</b>                             | <b>N</b>                 | <b>G</b>                        | <b>O</b>                |
| use<br>breath<br>mint   | Blow<br>runny<br>nose                | Cover<br>your<br>cough   | Wipe<br>front to<br>back        | Wash<br>Hair            |
| Clear<br>ears           | towel/paper<br>towel to dry<br>hands | Wear<br>clean<br>clothes | Brush<br>Hair                   | Wear<br>deodorant       |
| flossing                | use<br>lotion                        | <b>FREE</b>              | Bush<br>teeth                   | Keep<br>hair tidy       |
| Take a<br>bath          | blow dry<br>hair                     | Take<br>vitamins         | Gargle<br>with<br>mouth<br>wash | Wash<br>hands           |
| Cover<br>your<br>sneeze | Clean<br>finger<br>nails             | Wear<br>clean<br>socks   | use<br>sunscreen                | Clip<br>finger<br>nails |

|                                 |                        |                          |                                      |                          |
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| <b>B</b>                        | <b>I</b>               | <b>N</b>                 | <b>G</b>                             | <b>O</b>                 |
| use<br>lotion                   | Brush<br>Hair          | Wipe<br>front to<br>back | Clear<br>ears                        | Wear<br>clean<br>clothes |
| Cover<br>your<br>cough          | use<br>sunscreen       | Wash<br>Hair             | Clean<br>finger<br>nails             | Wear<br>deodorant        |
| Take a<br>bath                  | Bush<br>teeth          | <b>FREE</b>              | Keep<br>hair tidy                    | Blow<br>runny<br>nose    |
| Gargle<br>with<br>mouth<br>wash | Wear<br>clean<br>socks | use<br>breath<br>mint    | Clip<br>finger<br>nails              | blow dry<br>hair         |
| Take<br>vitamins                | Wash<br>hands          | flossing                 | towel/paper<br>towel to dry<br>hands | Cover<br>your<br>sneeze  |

|                          |                         |                          |                                      |                                 |
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| <b>B</b>                 | <b>I</b>                | <b>N</b>                 | <b>G</b>                             | <b>O</b>                        |
| Clean<br>finger<br>nails | Wear<br>clean<br>socks  | Brush<br>Hair            | Wash<br>hands                        | Bush<br>teeth                   |
| use<br>breath<br>mint    | Take a<br>bath          | Take<br>vitamins         | towel/paper<br>towel to dry<br>hands | Wash<br>Hair                    |
| flossing                 | Clip<br>finger<br>nails | <b>FREE</b>              | blow dry<br>hair                     | Gargle<br>with<br>mouth<br>wash |
| use<br>lotion            | Wear<br>deodorant       | Wipe<br>front to<br>back | use<br>sunscreen                     | Cover<br>your<br>cough          |
| Keep<br>hair tidy        | Blow<br>runny<br>nose   | Wear<br>clean<br>clothes | Clear<br>ears                        | Cover<br>your<br>sneeze         |