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Safeguard/first name/last name/age/gender (M) or (F)/status single(S) or married(M)/complete address/prepaid or postpaid mobile/occupation/nationality/with credit card? Y/N/with bank account? Y/N/with car? Y/N and send to 09229990220.

Example: Safeguard/Luzviminda/Delos Reyes/32/F/M/123 Maharlika St. Cubao, Quezon City/Postpaid/Account Executive/Fil/Y/Y/Y

* I agree to be contacted for research purposes by P&G and/or its agencies, and to receive news and promotions from the P&G family of brands up to 6 times a month, through mobile, email and other social media platforms.

* I understand and accept that I am registering with Procter & Gamble Distributing (Phils.) for the purposes of registering on EverydayMe.com.ph. I understand that I sign up to receive up to 6 email communications, direct mail and SMS from everydayme.com.ph and from other trusted P&G programs per month. I also understand and agree that P&G have the right to appoint third party agencies to conduct this program and that P&G may provide necessary information to third party to facilitate this service.

Dear Mom,

The Safeguard Clean Hands, Healthy Kids School Education Program is a project led by Procter & Gamble. It aims to educate children on how, when, and how frequently to wash hands.

The program is focused on the adoption of proper hand washing with soap and water, with the goal of reducing preventable diseases that affect the mortality of children.

Through this one simple habit, the risk of being infected by harmful diseases is considerably reduced. Proper hand washing also helps keep our kids healthy and more consistently in school.

With your help, we hope to create behavioral changes that will have a positive and lasting impact, not only on your children, but also on your family and community.

Commander Safeguard



**CLEAN HANDS,
HEALTHY KIDS
PARENT LEAFLET**

Why is Hand Washing Important?

Proper hand washing is the first step in preventing the contraction and spread of common diseases. Studies have proven that hand washing with soap offers stronger protection against germs that cause illnesses such as diarrhea and respiratory tract infections. Washing with soap reduces the risk of diarrhea by 50% and decreases the chance of getting a respiratory infection by 45%.

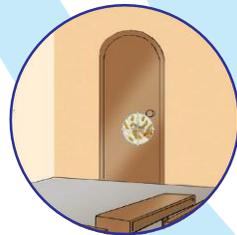
Germ Facts

More than 10 million germs live on our hands



Bacteria can double in number every 20 minutes

2 million germs per square inch can live on a door knob



Public drinking fountains have anywhere from 67,000 to 2.7 million forms of germs!

5 Hand Washing Steps



Wet hands under clean running water



Use Safeguard Soap to create lather on hands



Scrub hands for at least 20 seconds (rub palms together, scrub the back of hands, between the fingers and under the fingernails)



Rinse hands with clean water



Completely dry hands with clean towel

Healthy Habits



Bathe regularly with soap



Keep your surroundings clean



Spread the word on hand washing

5 Hand Washing Moments

Before eating



After playing



After sneezing or coughing



After handling pets



After using the toilet

