



GOOD HEALTH HABITS CAN HELP STOP GERMS

1. CLEAN YOUR HANDS- WASHING YOUR HANDS OFTEN WILL HELP PROTECT YOU FROM GERMS. WASH FOR 20 SECONDS USING SOAP AND WATER. IF SOAP AND WATER IS NOT AVAILABLE, USE A HAND SANITIZER.

2. COVER YOUR MOUTH AND NOSE. USE A TISSUE TO COVER YOUR MOUTH AND NOSE WHEN COUGHING OR SNEEZING. IT MAY PREVENT THOSE AROUND YOU FROM GETTING SICK.

3. COUGH OR SNEEZE INTO YOUR SLEEVE IF NO TISSUE IS AVAILABLE.

4. AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH. GERMS ARE OFTEN SPREAD WHEN A PERSON TOUCHES SOMETHING THAT IS CONTAMINATED WITH GERMS AND THEN TOUCHES HIS OR HER EYES, NOSE, OR MOUTH.

5. STAY HOME WHEN YOU ARE SICK. IF POSSIBLE, STAY HOME FROM WORK, SCHOOL, AND ERRANDS WHEN YOU ARE SICK. IT WILL PREVENT OTHERS FROM CATCHING YOUR ILLNESS.

6. AVOID CLOSE CONTACT. STAY AWAY FROM OTHERS WHO ARE SICK IF POSSIBLE. WHEN YOU ARE SICK, KEEP YOUR DISTANCE FROM OTHERS TO PROTECT THEM FROM GETTING SICK TOO.

7. PRACTICE OTHER GOOD HEALTH HABITS. GET PLENTY OF SLEEP, BE PHYSICALLY ACTIVE, MANAGE YOUR STRESS, DRINK PLENTY OF FLUIDS, AND EAT NUTRITIOUS FOOD.

8. GET A FLU VACCINATION WHEN AVAILABLE EVERY YEAR.

9. CONTACT YOUR FAMILY DOCTOR IF YOU HAVE FLU-LIKE SYMPTOMS. THERE ARE MEDICATIONS AVAILABLE TO TREAT THE FLU.

