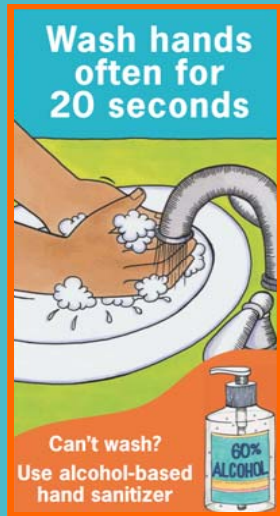


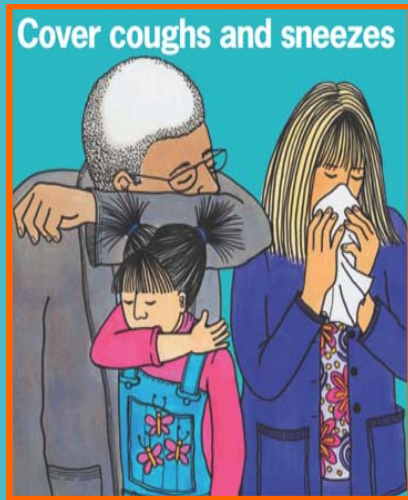
# Prevent Disease, Use Good Health Manners Please!

## To Stay Healthy. . . .



- Scrub all surfaces of your hands with soap and water for 20 seconds.
- Use an alcohol based sanitizer if you can't wash your hands right away.

Handwashing is one of the most important things you can do to prevent the spread of illness.



- Use a tissue to cover coughs and sneezes.
- Throw used tissues in the trash and wash hands.
- No tissue? Cough or sneeze into your sleeve.

Covering coughs and sneezes keeps germs from spreading through the air and landing on surfaces where they can be picked up by others.

Avoid touching your eyes, nose, and mouth

These are easy "doors" for disease-causing germs to enter the body.

Keep yourself healthy

- Stay up to date on vaccinations.
- Eat a variety of healthy foods.
- Exercise daily.
- Get plenty of sleep.
- Reduce stress.



## When Sick:



Stay home when you have:

- Fever with sore throat, cough, runny nose or sneezing
- Vomiting or diarrhea

Keep sick children home from school/child care. Stay home until symptoms have been gone for 24 hours.

Staying home during illness helps speed recovery and keeps germs from spreading further.