

Healthy habits help keep you well.



Healthy habits can protect you and those around you from getting sick or spreading germs at home, work and school. These simple actions can help to prevent illness:

- **Cover your mouth and nose.** Use a tissue when you cough or sneeze and drop it in the trash. If you do not have a tissue, cover your mouth and nose as best you can.
- **Clean your hands often.** Clean your hands every time you cough or sneeze. Hand washing stops germs. Alcohol-based gels and wipes also work well.
- **Remind children to practice healthy habits, too.** Germs that cause colds, coughs, flu and pneumonia can spread easily.

HEALTHY HABITS STOP GERMS. AT HOME, WORK AND SCHOOL.

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