HEATHY HABITS to STAY WELL and PREVENT SPREADING GERMS

➔ WASH YOUR HANDS OFTEN with soap and water especially after coughing, sneezing or blowing your nose. Alcohol-based hand cleaners are also effective.
➔ Avoid touching your eyes, nose or mouth to help prevent the spread of viruses.
➔ Don't share food, utensils, beverages or anything that might be contaminated with germs.
➔ Try to avoid close contact with sick people.
➔ Stay home when sick, especially with flu-like symptoms of fever and cough. Stay home for at least 24 hours after being fever free without the use of fever reducing medicine.
➔ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash and wash your hands.
➔ Cough and sneeze into your sleeve or elbow instead of your hands if you don't have a tissue.
➔ Wear a mask if you're asked.
➔ Clean surfaces that may be contaminated with germs using household disinfectant cleaners.
➔ Get a flu shot every year to help prevent seasonal flu.
➔ Get an H1N1 vaccine if it is recommended for you.