

HEALTHY 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.
- **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.**