

What You Can Do To Help Yourself Stay Healthy

Healthy People Build Strong Communities

- * Wash your hands— a lot! Wash with soap and warm water or use an alcohol-based hand cleaner to get rid of germs.
- * Avoid touching your eyes, nose and mouth.
- * Try to avoid sick people
- * If you are sick—stay home. Do not go to work or school. Limit your contact with others to keep from infecting them.
- * Cough or sneeze into your elbow. You can also use a tissue—throw the tissue in the trash after you use it and wash your hands or use an alcohol-based hand cleaner.
- * Get plenty of rest, exercise, drink plenty of water and eat healthy.

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