

# Stay Healthy



## Get Vaccinated

Vaccination is the best way to protect yourself and your family from the flu and other diseases.



## Cover Your Cough or Sneeze

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.



## Wash Your Hands

Wash your hands often with soap and water or use alcohol-based hand cleaner.



## Avoid Touching Your Eyes, Nose, and Mouth

If you touch surfaces with germs, you can get sick touching your eyes, nose, or mouth.



## Stay Home If You Are Sick

Germs go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.