

# Take Charge ... Stay Healthy!

**There are several simple steps that you can take to stop the spread of germs and help protect you and those around you from getting sick with influenza (the 'flu'), colds, or other illnesses:**

## **Avoid close contact**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick as well.

## **Stay home when you are sick**

When you are sick, stay home from work and school, and avoid running errands. Not only will rest help you recover more quickly, but staying home will help prevent others from getting your illness.

## **Cover your mouth and nose**

When you cough or sneeze, be sure to cover your mouth and nose with a tissue. This will help prevent the spread of germs. Be sure to throw the tissue in a wastebasket, and then clean your hands right away.

## **Clean your hands**

Washing your hands often will help protect you from germs. Be sure to use warm water and enough soap to create a lather. Rinse your hands completely to allow the water to carry the soap, dirt and germs away. If soap and water are not available, using alcohol gels (such as Purell®) is a good alternative.

## **Avoid touching your eyes, nose, or mouth**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

***Other good habits, such as not smoking, getting plenty of sleep, staying active, managing stress, drinking plenty of water, and eating healthy and nutritious food will help you stay healthy throughout the year!***