



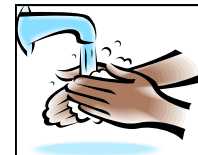
FACT SHEET

Healthy Habits

Below are some **Healthy Habits** you can do to help protect yourself and others from getting sick or spreading germs at home, school, or work.

Hand Washing

When washing your hands, you should use soap and warm water and wash them long enough to sing the “Happy Birthday” song twice (20 seconds). Washing your hands often will help protect you from germs. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.



Cover Your Coughs and Sneezes

Cover your mouth and nose with a tissue when coughing or sneezing. After using the tissue throw it away in a waste basket, and then wash your hands. If you do not have a tissue, cough or sneeze into your upper sleeve.



Keep Hands Away From Your Face

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



Avoid Close Contact with People Who Are Sick

Illnesses are spread from coughing and sneezing. Avoid people who are coughing and sneezing, as much as you can. Teach children to stay away from others as much as possible if they are sick.



Stay Home When You Are Sick

If possible, you should stay home from work, school, and shopping when you are sick. If children do get sick, parents should keep them home and away from school or child-care settings until the child has been without symptoms for one (1) to two (2) days.



Other Healthy Habits

Other healthy habits adults and children can do to help prevent the flu and other illnesses are: eating and drinking healthy, and getting enough rest.

