

FIVE

TIPS FOR STAYING

HEALTHY



1 Cover your nose and mouth with a tissue when you cough or sneeze.

2 Place tissues in the trash right after you use them.



3 Wash your hands often with soap and water, especially after you cough or sneeze. You can also use alcohol-based hand sanitizers if they're available.

4 Avoid touching your eyes, nose or mouth. Germs are often spread this way.



5 Try to avoid close contact with people who are sick.