



HEALTHY HABITS



1

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.

2

STAY HOME WHEN YOU ARE SICK!

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness.

3

CLEAN YOUR HANDS

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand sanitizer.

4

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.

5

CLEAN FREQUENTLY TOUCHED OBJECTS

Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, phones, etc. to help prevent the spread of germs.

6

GO HOME IF YOU FEEL SICK

If you begin to feel sick while at work, go home as soon as possible.

FOR MORE HEALTHY HABITS VISIT
WWW.CDC.GOV