3 STEPS FOR HEALTH

1. CLEAN YOUR HANDS
Wash your hands with soap and water or clean them with an alcohol-based hand gel regularly — after coughing, sneezing, touching shared objects, like pens or doorknobs, and before and after your doctor’s visit.

2. COVER YOUR COUGH
Prevent the spread of germs by using a tissue when you cough or sneeze. Dispose of the tissue immediately, then clean your hands. If tissues are unavailable, cough or sneeze into your upper sleeve or inner elbow, not into your hands.

3. GET VACCINATED
Get all vaccinations and shots recommended by the Centers for Disease Control and Prevention (CDC). This is one of the best ways to help your body fight germs.

BE A LIFEGUARD for your health
Find out more at cff.org/GermSmart