

# HEALTHY HABITS

HELP KEEP YOU WELL.



**MAKE GOOD HYGIENE**

# A HABIT.



Simple actions can stop germs and prevent illnesses.

**Get a flu shot each fall to protect against seasonal influenza.**

**Clean your hands.**

Washing your hands often will help protect you from germs.

**Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue away after use. This may prevent those around you from getting sick.

**Stay home when you are sick.**

If possible, stay home from work, school and social gatherings when you are sick. You will help prevent others from catching your illness.

**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 too.

**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.



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[www.protectdupage.org](http://www.protectdupage.org)