

The Best Offense is a Good Defense



Prevent *colds* and the *flu* before they happen.

Stay home when you are sick.

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

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing.
It may prevent those around you from getting sick.

Clean your hands.

Clean your hands often with soap and water or an antiseptic handwash.

Get your shots.

Make sure that you and your loved ones are current on their vaccinations.
This is the best way to keep unwanted viruses and bugs from making us feel sick.