



**Healthy habits help keep your family well.**

**Take care: Cover coughs and sneezes.  
Keep hands clean.**

Healthy habits can protect you and your children from getting germs or spreading germs at home, work and school. Simple actions can stop germs and prevent illnesses.

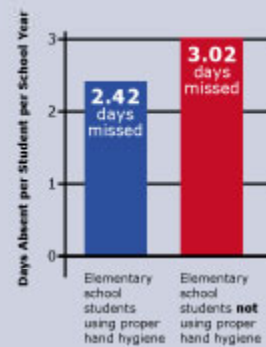
**Cover your mouth and nose.** Use a tissue when you cough or sneeze and drop it in the trash. If you don't have a tissue, cover your mouth and nose as best you can.

**Clean your hands often.** Clean your hands every time you cough or sneeze. Hand washing stops germs. Alcohol-based gels and wipes also work well.

**Remind your children to practice healthy habits, too.** Germs that cause colds, coughs, flu and pneumonia can spread easily.

**Healthy habits help reduce illnesses and sick days.** Feel good about doing the right things to stay well.

**Cleaning Hands Keeps  
Students In School**



For more information, please call  
(435) 277-2300

