



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 illness.

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, cough and sneeze in your sleeve.

Clean your hands often. Wash your hands with soap and water every time you cough or sneeze. Alcohol-based gels also work well.

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

Watch your child for symptoms of illness. Keep children with a fever home from school.

Get your seasonal flu vaccine. Help protect yourself from the seasonal flu.

Healthy habits stop germs. At home, work and school.

Western Racine County Health Department (262) 763-4930 www.wrchd.org