BREAK THE GERM CYCLE

ARE YOU UP FOR THE CHALLENGE?
Follow these steps to activate your superpowers!

PREVENT THE SPREAD
Remember: clean hands are safe hands. Keep yourself and others healthy by regularly washing your hands.
To contain germs, use the crook of your elbow or a tissue to cover a cough or sneeze. If possible, stay home when sick to prevent spreading germs.

BE WISE - IMMUNIZE.
Stay up-to-date with recommended vaccinations to protect yourself and to help keep others around you safe.

FIGHT OFF GERMS WITH HEALTHY HABITS.
Help your body stay strong and healthy by fueling up with nutritious foods and fending off sickness with the power of a good night’s sleep.

A HEALTHY FUTURE IS IN YOUR HANDS - BREAK THE GERM CYCLE!
Be a Health Champion Hero, practice and promote these steps to help prevent disease.

Sources:
*https://www.cdc.gov/flu/protect/habits/
**https://www.vaccines.gov/getting/for_parents/five_reasons/index.html