

BREAK THE

GERM CYCLE

Become a Health Champion Hero!
Help prevent disease for yourself,
and for others too!

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



PennState
PRO Wellness