

BETTER HEALTH IS IN OUR HANDS.

Diseases like coronavirus, the flu and Hepatitis A can be dangerous. To stop the spread of germs and keep yourself and loved ones healthy, remember to:



**Wash your hands
often using soap
and warm water**

**Cover your
mouth and nose
when you cough**



**Sneeze into a
tissue and wash your
hands afterward**



It's our job to practice better hygiene. Start today.