Prevent colds and the flu before they happen.

**Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

**Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

**Clean your hands.**
Clean your hands often with soap and water or an antiseptic handwash.

**Get your shots.**
Make sure that you and your loved ones are current on their vaccinations. This is the best way to keep unwanted viruses and bugs from making us feel sick.

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