

# *The Best Offense is a Good Defense*



**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.