Good Health Habits

Avoid Close Contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them form getting sick too.

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.

Washing your hands often will help protect you from germs.

Avoid Touching Your Eyes, Nose or Mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Information brought to you by: CDC and Denton County Health Department