

# 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 from 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

