



**Healthy habits help keep your family well.**

## **Take care: Cover coughs and sneezes. Keep hands clean.**

Healthy habits can protect you and your children from getting germs or spreading germs at home, work and school. Simple actions can stop germs and prevent illness.

**Cover your mouth and nose.** Use a tissue when you cough or sneeze and drop it in the trash. If you don't have a tissue, cough and sneeze in your sleeve.

**Clean your hands often.** Wash your hands with soap and water every time you cough or sneeze. Alcohol-based gels also work well.

**Remind your children to practice healthy habits, too.** Germs that cause colds, coughs, flu, and pneumonia can spread easily.

**Watch your child for symptoms of illness.** Keep children with a fever home from school.

**Healthy habits stop germs. At home, work and school.**

This message is from the Kenosha County Division of Health:  
(262) 605-6700 or (800) 472-8008  
<http://www.co.kenosha.wi.us/dhs/Divisions/Health/>