




# Bee Healthy!!


Help stop the spread of infection!

**Hand washing stops germs. Wash your hands often with soap and water:**


 After using the bathroom

 After touching any open cuts or sores


 Before and after handling food or chemicals


 After coughing or sneezing into your hands


 After changing diapers


 If soap and water aren't available, use alcohol based gels or wipes


**Good health habits help prevent illness at home, work, and school:**

 Stay home when you are sick

 Cover your cough or sneeze with a tissue or your upper sleeve

 Avoid touching your eyes, nose and mouth

 Teach your children good health habits

 Ask your health care professional about a seasonal flu shot

