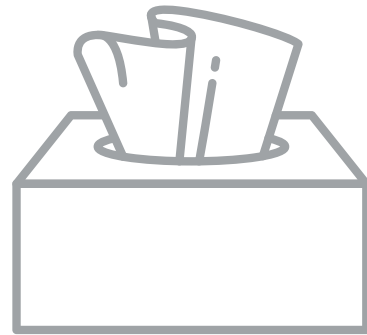# HEALTHY HABITS TO PREVENT ILLNESS



**Wash your hands for 20 seconds**



**Cover your nose and mouth when coughing or sneezing**



**Stay home if you are sick**



**Call your medical provider if symptoms worsen**

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Health and Wellness Services
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