

STOP GERMS, STAY HEALTHY

Healthy tips to help prevent the spread of illness



Stay home when you are sick.



Wash your hands often with soap and water.



Cover your mouth and nose when coughing or sneezing.



Contact your healthcare provider if you become ill.



Avoid touching your eyes, nose and mouth.



Drink plenty of fluids.



Wave or



fist bump instead of shaking hands.



**DAVIDSON COUNTY
HEALTH DEPARTMENT**
Protecting, Caring, Serving Our County

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