

STOP the SPREAD



Help stop the spread of germs! Practice good health manners and remind your friends and family about the **5 ways** to keep from spreading germs.

5 Ways to Prevent the Spread of Germs

- Wash your hands frequently
- Cover your cough with your sleeve
- Stay home if you are sick
- Don't share eating utensils, cups or straws
- Get a flu shot



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CCHHS
928.679.7272
1.877.679.7272