Follow these simple steps to stop the spread of germs and help keep you and others from getting sick:

1. **Keep your hands clean** by washing them often with soap and warm water.

2. **Cover your mouth and nose** with a tissue when coughing or sneezing.

3. **Avoid touching your eyes, nose, or mouth** and spreading germs to them.

4. **Stay home when you are sick.**

5. **Don’t share things** that go into the mouth, such as straws and drinking cups.

6. **Stay Healthy!** Get plenty of **sleep, exercise, drink lots of water**, and **eat healthy foods**.

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