

“THE GREATEST WEALTH IS HEALTH” – Virgil

HOW DO I GET SICK ?



Disease is often spread through person-to-person contact, though it may be spread indirectly as well.

Some of the ways disease travels is through:

- » Mucous
- » Blood
- » Tears
- » Other bodily fluids
- » Airborne droplets (sneezes, coughs, etc.)

WHO CAN GET ME SICK ?



Illness and disease may be carried by many people, not all of whom show signs of illness.

Pregnant women should take additional precautions to protect themselves from illness and disease.

WHAT CAN I DO ?



Follow Best Practices:

- » Practice proper hand hygiene.
- » Practice good cough etiquette.
- » Stay home when you are not feeling well. Keep children home if they are not feeling well.

Avoid the Following:

- » Contact with saliva
- » Sharing glassware or eating utensils
- » Touching your face after handling unclean items