

Staying Healthy

- Eat good foods.
Eat fruits and vegetables,
and drink lots of water.



- Get fresh air and exercise.



- Get enough sleep each night.



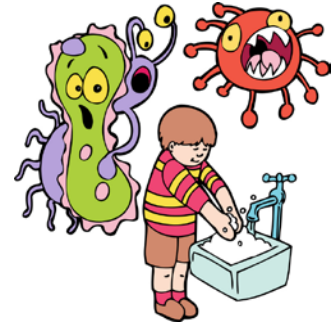


Wash Your Hands

Wash with soap for at least fifteen seconds, or as long as it takes to hum the song "Happy Birthday" twice.

Wash your hands...

- After you use the restroom



- After touching animals



- Before and after you make and eat food





Do You Have the Common Cold or the Flu?

Symptoms	Common Cold	Flu
Headaches	No	Yes
Fever	None or Mild	High Fever, 102–104°F for days
Muscle Aches & Tiredness	Sometimes	Yes
Sore Throat	Yes	Sometimes
Runny Nose	Yes	Sometimes
Sneezing	Yes	Sometimes
Coughing	Yes	Yes
Chills	No	Yes