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# Health Tips...

 **Wash your hands well & often** – do not use anti-bacterial soap as it can promote antibiotic resistance.

 **Use alcohol-based hand sanitizer between hand-washings.**

 **Cover coughs & sneezes with a tissue or your arm, *not your hands*** – be sure to throw away used tissues immediately.

 **Stay home from work, school and social gatherings if you are ill to prevent spreading illness** – your friends and co-workers will thank you!

 **Get recommended vaccinations** – including the flu vaccine and childhood vaccinations.

 **Keep a record of medical information** – including health problems & current medications.

**Washoe County  
District Health Department  
Public Health Preparedness Program  
[www.washoecounty.us/health/php](http://www.washoecounty.us/health/php)**

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