STAY HEALTHY HENRY COUNTY

HENRY COUNTY HEALTH DEPARTMENT

TAKE EVERYDAY PREVENTIVE ACTIONS TO STOP THE SPREAD OF GERMS

Wash Hands Often with Soap and Water
(20 Seconds or Longer)
Use Hand Sanitizer if Soap and Water Not Available
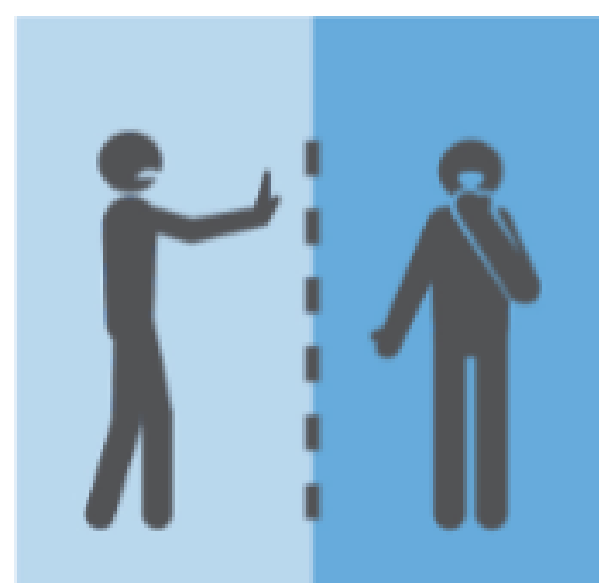
Dry Hands with a Clean Towel or Air Dry Hands

Cover Your Mouth and Nose With Tissue or Upper Sleeve When Coughing or Sneezing

Avoid Touching Eyes, Nose, or Mouth

Stay Home When You Are Sick

Avoid Contact with People Who Are Sick

Call Before Visiting Your Doctor

Clean and Disinfect "High-Touch" Surfaces Often

Use Good Health Habits
(Get Enough Sleep, Eat Healthy, Drink Plenty of Fluids)

Adapted from the Ohio Department of Health

3/2/2020