

# “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