



NUMBERS TO KNOW FOR HEALTH & HAPPINESS

5 ways to protect against infections



As part of your community, be responsible to prevent getting and spreading infections.

1. Wash your hands often.
2. Get a yearly flu vaccine. Stay up to date with COVID-19 booster shots. Get complete lists of vaccines at [cdc.gov/vaccines](https://www.cdc.gov/vaccines) that you and your children need. Follow your doctor's advice for vaccines. Getting recommended vaccines save millions of lives and prevent millions of illnesses.



3. Stay home when you are sick.
4. Keep foods safe to eat. Use clean hands, surfaces, and utensils. Store food that can spoil below 40° F and higher than 140° F.
5. Practice safer sex to help prevent sexually transmitted infections.



Take Action: Proper Handwashing

1. Use clean water and soap. Lather your hands all over and under your nails.
2. Spend 20 seconds each time. (Hum "Happy Birthday" twice.)
3. Rinse your hands with clean running water.
4. Dry your hands with an air drier or clean towel.