

ON THE ROAD TO

Better Disease Prevention

Protect yourself from disease & infection.



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EAT WELL

Eat a healthy diet full of foods with the vitamins and minerals that can help protect you from many diseases.

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GET SCREENINGS AND VACCINATIONS

Talk to your doctor about what health screenings and vaccinations you might need. Make sure to get a flu shot every fall and stay up to date with COVID vaccines.

PRACTICE SAFE SEX

Talk to your partner about any sexual concerns you may have and take precautions to stay safe.

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MOVE MORE

Make sure to get up a lot from your desk throughout the day to take short walks and to stretch. Take a brisk 30-minute walk every day after work.



Why should we practice disease prevention?

You could help avoid many common diseases by taking the right preventive actions: Avoid tobacco, eat healthy, be active, limit alcohol and get regular vaccinations and screenings.