

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.

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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.