

# INFECTION + PROTECTION



Protect yourself and your family from infectious diseases in these four key ways.



## Handwashing

Wash your hands often and well to help prevent the spread of infectious diseases.

## Immunization

Discuss vaccination recommendations for you and your family with your physician.



## Safe Food Handling and Preparation

Keep hot foods hot and cold foods cold during storage and preparation. Use a food thermometer to ensure proper cooking temperatures.



## Healthy Lifestyle

Eat a balanced diet, be physically active, manage stress, and get adequate sleep to help your immune system stay strong.



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