"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

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