

Healthy Habits . . . Help Keep You Well



**You can protect yourself from colds and flu.
Always remember to:**

- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick.
- Get plenty of exercise.
- Eat healthy food.
- Drink water.
- Get plenty of sleep.

FOR MORE INFORMATION

**Flu vaccine availability and distribution:
Call 1-800-434-3358 or visit
www.co.oakland.mi.us/health**

**Medical questions:
Call Nurse on Call 248-858-1406**



*The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability.
State and Federal eligibility requirements apply for certain programs.*