BETTER HEALTH IS IN OUR HANDS.

Diseases like coronavirus, the flu and Hepatitis A can be dangerous. To stop the spread of germs and keep yourself and loved ones healthy, remember to:

- Wash your hands often using soap and warm water
- Cover your mouth and nose when you cough
- Sneeze into a tissue and wash your hands afterward

It’s our job to practice better hygiene. Start today.

Michigan Department of Health & Human Services