



**“I wash
my hands
to protect
my mother who
had a heart
transplant.”**



Some people have weakened immune systems that cannot fight off infections. **Wash hands with soap and water to remove germs.** Then you are less likely to pass them to other people. If soap and water are not available, use a hand sanitizer with at least 60% alcohol to kill germs.



“I wash my hands
to protect my neighbor.”



As we get older, our immune systems do not work as well. This makes us more likely to have underlying health conditions. **Wash hands with soap and water to remove germs.** Then you are less likely to pass them to other people. If soap and water are not available, use a hand sanitizer with at least 60% alcohol to kill germs.



**“ I wash
my hands
to protect my nieces
and nephews.”**



Young children have immune systems that are still developing.

Wash hands with soap and water to remove germs.

Then you are less likely to pass them to other people.

If soap and water are not available, use a hand sanitizer with at least 60% alcohol to kill germs.

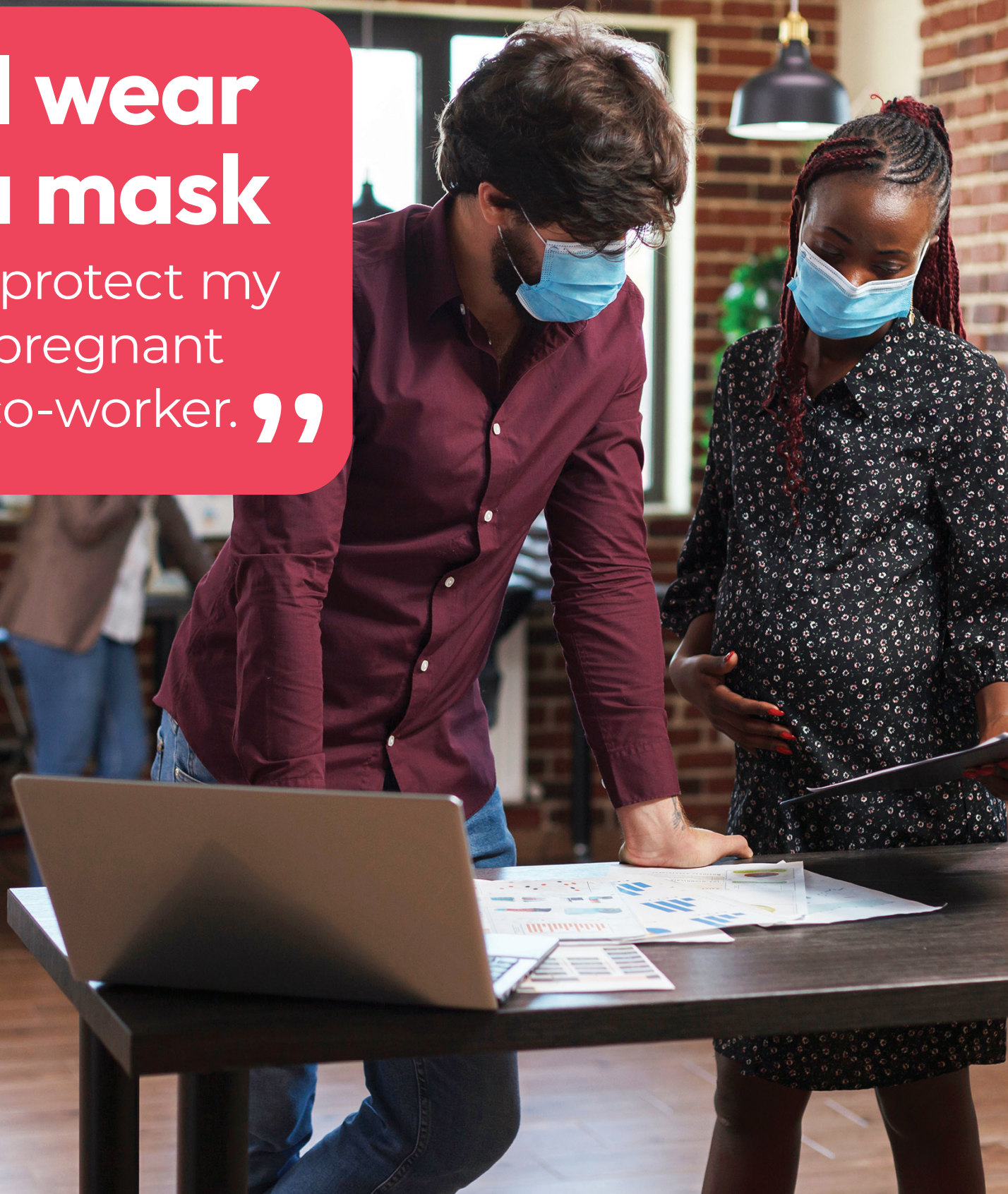


**“I wash
my hands
to protect my
pregnant sister.”**



The body changes a lot during pregnancy. This can put mother and baby at greater risk for getting seriously sick. **Wash hands with soap and water to remove germs.** Then you are less likely to pass them to other people. If soap and water are not available, use a hand sanitizer with at least 60% alcohol to kill germs.

**“I wear
a mask
to protect my
pregnant
co-worker.”**



The body changes a lot during pregnancy. This can put mother and baby at greater risk for getting seriously sick. **Wearing a mask when sick can help stop the spread of some germs.**



**“I wear
a mask
to protect my
friend with MS.”**



Some people have weakened immune systems that cannot fight off infections. **Wearing a mask when sick can help stop the spread of some viruses.**

**“I wear a mask
to protect my grandma.”**



As we get older, our immune systems do not work as well. This makes us more likely to have underlying health conditions. **Wearing a mask when sick can help stop the spread of some viruses.**

**“I wear a mask
to protect my kids.”**



Young children have immune systems that are still developing. **Wearing a mask when sick can help stop the spread of some germs.**

“I stay home
when I am sick to
protect my co-worker.”



Some people have weakened immune systems that cannot fight off infections. We don't always know who may have a weakened immune system by looking at them. **You can protect people in your life by staying home if you feel sick.** Go back to your normal activities when your symptoms are getting better overall and you have not had a fever for at least 24 hours.

**“I stay
home
when I am
sick to protect
my friend.”**



As we get older, our immune systems do not work as well. This makes us more likely to have underlying health conditions. **You can protect older people in your life by staying home if you feel sick.** Go back to your normal activities when your symptoms are getting better overall and you have not had a fever for at least 24 hours.



“I stay home

**when I am sick to
protect my
pregnant friend.”**



The body changes a lot during pregnancy. This can put mother and baby at greater risk for getting seriously sick. **You can protect pregnant people and their babies in your life by staying home if you feel sick.** Go back to your normal activities when your symptoms are getting better overall and you have not had a fever for at least 24 hours.

“I stay home
when I am sick to
protect my students.”



Young children have immune systems that are still developing.
You can protect children in your life by staying home if you feel sick. Go back to your normal activities when your symptoms are getting better overall and you have not had a fever for at least 24 hours.



**“I stay up to date
on my vaccinations
to protect my grandkids.”**



Young children have immune systems that are still developing. **Vaccines teach your immune system what certain germs look like so they can fight against it.** They can also help you protect people around you. Stay up to date on vaccines to protect children.



**“I stay up to date on
my vaccinations**

**to protect my friend
who is fighting cancer.”**



Some people have weakened immune systems that cannot fight off infections. **Vaccines teach your immune system what certain germs look like so they can fight against it.** They can also help you protect people around you. Stay up to date on vaccines to protect people with weak immune systems.



**“I stay up to date on
my vaccinations
to protect my grandpa.”**



As we get older, our immune systems do not work as well. This makes us more likely to have underlying health conditions. **Vaccines teach your immune system what certain germs look like so they can fight against it.** They can also help you protect people around you. Stay up to date on vaccines to protect older people.

**“I stay up to
date on my
vaccinations
to protect my
pregnant co-worker.”**



The body changes a lot during pregnancy. This can put mother and baby at greater risk for getting seriously sick. **Vaccines teach your immune system what certain germs look like so they can fight against it.** They can also help you protect people around you. Stay up to date on vaccines to protect pregnant people.