



**“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.