DON'T BE A VICTIM OF DISEASE

Fight germs

Wash hands often

- *After latrine use*
- *Before touching food*
- *After sneezing or blowing nose*

Keep hands away from eyes, nose and mouth

Cover your mouth with your sleeve when sneezing and coughing

Drink liquids to stay hydrated

Follow DFAC suggestions for a balanced diet

Look after your Battle Buddy! Notify Drill Sergeant if Battle Buddy feels ill.

If you don't feel well, go to Sick Call

USACHPPM
Readiness thru Health