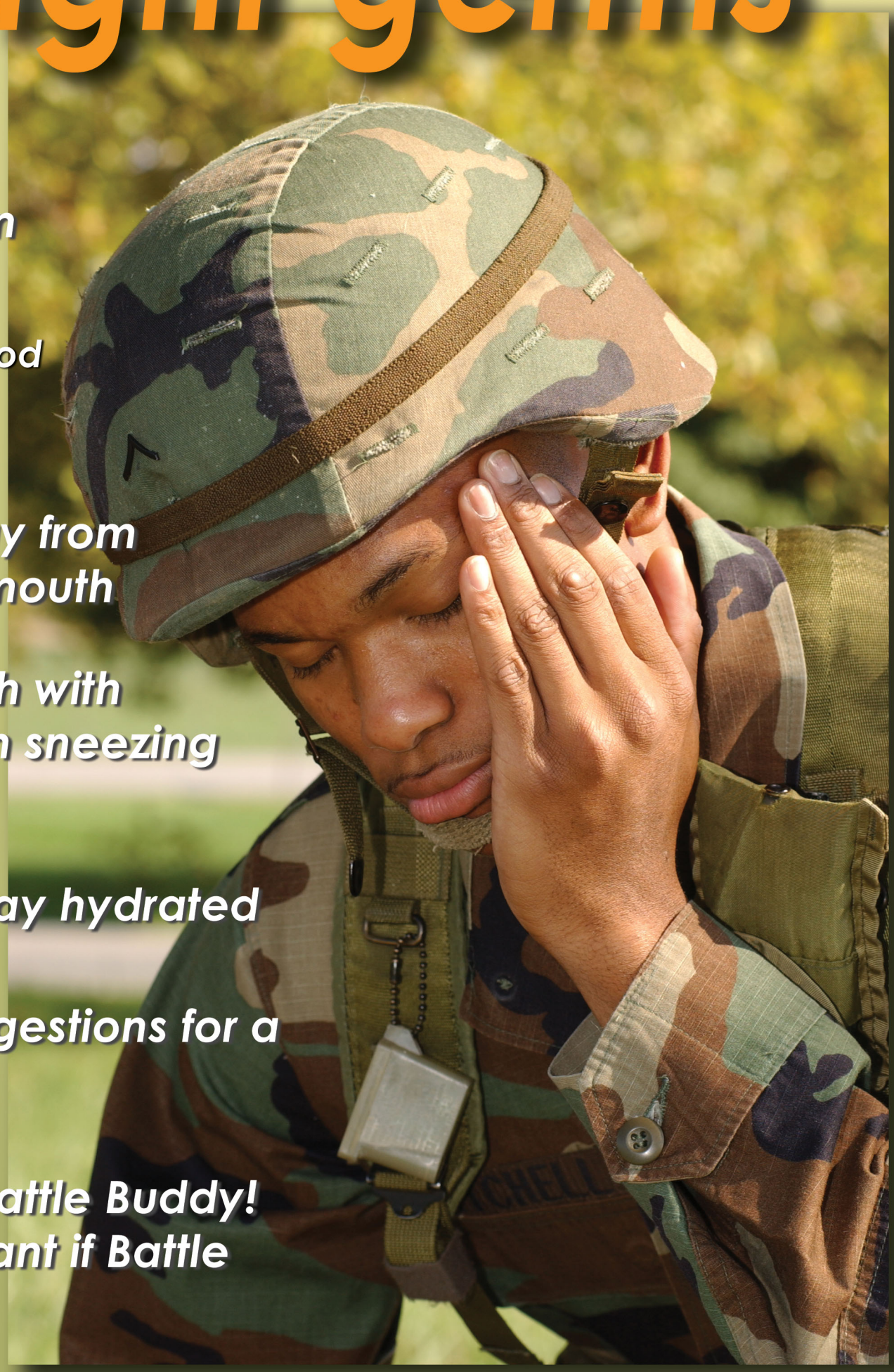
DON'T BE A VICTIM OF DISEASE

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