

Tips for Better Health

- Wash your Hands Before and after eating, after using the restroom, or when your hands are visibly soiled. This is the best way to stay well!

- Keep your hands away from your face.
- Make sure vaccinations are up to date.
- Cover your cough with your elbow.
- If you are sick, stay home and get some rest.

- If you are seeing your healthcare provider, be cautious in use of antibiotics, they are not always the answer. Your healthcare provider knows some illnesses are caused by viruses which do not respond to antibiotics.

This material was prepared by Alliant Quality, the quality improvement group of Alliant Health Solutions (AHS), the Medicare Quality Innovation Network - Quality Improvement Organization for Alabama, Florida, Georgia, Kentucky, Louisiana, North Carolina, and Tennessee, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. Publication No. 12SOW-AHSQIN-QIO-TO1-20-65



