

Stop germs, stay healthy.

Did you know that flu season runs from October to May, but germs are present all year long? Follow these three easy steps to stop the spread of germs that can make you sick:



Wash your hands!

- Wash your hands with soap and warm water
- Rub hands together for 20 seconds
- Dry hands with a clean paper towel



Cover your cough!

Cough and sneeze into your elbow or upper sleeve, not your hands.



Stay home when you're sick!

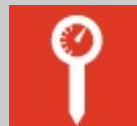
When you're sick, try to stay home. This will help other people stay healthy.

Practice Food Safety

Follow these tips to prevent the spread of germs in the kitchen:



Clean—Wash your hands and cooking tools after they touch raw meat, chicken, seafood and egg.



Cook—Use a food thermometer in cooking. Stir dishes when reheating to ensure all areas are hot.



Separate—Keep raw meat, chicken and seafood separate from other food when storing or preparing it.



Chill—Chill leftovers within 2 hours. Thaw meat in the fridge, not on the counter.

Amerigroup is a culturally diverse company. We welcome all eligible individuals into our health care programs, regardless of health status. If you have questions or concerns, please call 1-800-600-4441 (TTY 1-800-855-2880) and ask for extension 34925. Or visit www.myamerigroup.com.

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