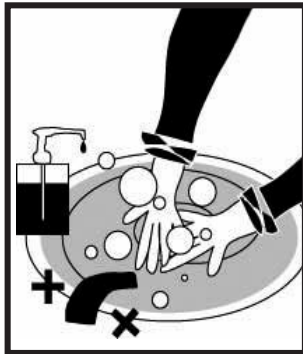
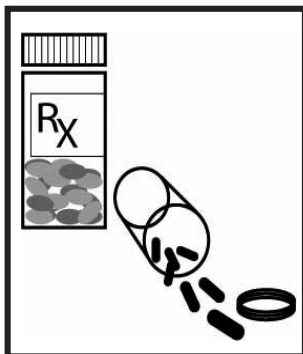


## Healthy Shelter Living



Wash regularly



Keep track of medication



Stick together

### What do I need to do?

- Wash your hands with soap and water or use hand cleaner before you eat and after using the bathroom.  
*Washing your hands is the most important thing you can do to prevent health problems.*
- Cover your mouth when you cough.
- Ask to see a doctor if you have a fever, chills, diarrhea, cough, rash, pink eye or you feel sick.
- Ask the shelter health staff if there are shots you need.

### What do I do if I take medicine?

- Keep your medicine in the bottles they came in.
- Do not take other people's medicines or let anyone take yours.
- If you have lost your medicine or do not know what pills you take, ask a doctor to help you get the right pills.

### What do I do if I am here in October?

- If you are in a shelter more than a month, ask if you should be tested for tuberculosis (TB).
- If you are in a shelter after October 1st, be sure to get a flu shot.

### What can I do to take care of myself?

- Find a new friend.
- Talk to shelter workers or ministers; tell your story.
- Take a walk and get some fresh air if it's safe.

### What do I do to keep my children healthy?

- Wash your children's hands regularly.
- Wipe toys with soap and water.
- Know where your children are and don't leave them alone.
- Tell your children you are there for them; being with you is very important for them.