

# Module 1: Putting Together the Foundation for a Healthy Life


## Topic 1 Content: Protection Against Disease Notes

### Introduction

#### Protection Against Disease

- Protection Tip 1
- Protection Tip 2
- Protection Tip 3
- Protection Tip 4
- Protection Tip 5
- Protection Tip 6

#### Introduction



Click through the tabs to find ways you can prevent becoming sick from pathogens.

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# Module 1: Putting Together the Foundation for a Healthy Life

## Topic 1 Content: Protection Against Disease Notes

### Protection Tip 1

Protection Against Disease

Protection Tip 1      Protection Tip 1

Protection Tip 2

Protection Tip 3

Protection Tip 4

Protection Tip 5

Protection Tip 6



Wash your hands frequently.

Wash your hands frequently.

# Module 1: Putting Together the Foundation for a Healthy Life

## Topic 1 Content: Protection Against Disease Notes

### Protection Tip 2

**Protection Against Disease**

Protection Tip 1

Protection Tip 2

Protection Tip 3

Protection Tip 4

Protection Tip 5

Protection Tip 6

**Protection Tip 2**

Cover your mouth when sneezing or coughing. Sometimes, depending on the illness, it is necessary to wear some sort of covering on the nose and mouth.



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## Topic 1 Content: Protection Against Disease Notes

### Protection Tip 3

Protection Against Disease

Protection Tip 1

Protection Tip 2

Protection Tip 3

Protection Tip 4

Protection Tip 5

Protection Tip 6

Protection Tip 3



Keep your mouth closed while eating.

Keep your mouth closed while eating.

# Module 1: Putting Together the Foundation for a Healthy Life

## Topic 1 Content: Protection Against Disease Notes

### Protection Tip 4

Protection Against Disease

Protection Tip 1

Protection Tip 2


Protection Tip 3

Protection Tip 4

Protection Tip 5

Protection Tip 6

Protection Tip 4



Practice cleanliness as a whole.

Practice cleanliness as a whole.

# Module 1: Putting Together the Foundation for a Healthy Life

## Topic 1 Content: Protection Against Disease Notes

### Protection Tip 5

Protection Against Disease

Protection Tip 1

Protection Tip 2

Protection Tip 3

Protection Tip 4

Protection Tip 5

Protection Tip 6

Protection Tip 5

Stay home when you are ill in order to help prevent others from getting sick.



Stay home when you are ill in order to help prevent others from getting sick.

# Module 1: Putting Together the Foundation for a Healthy Life

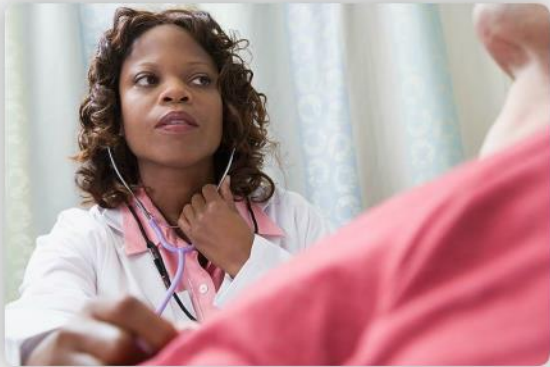
## Topic 1 Content: Protection Against Disease Notes

### Protection Tip 6

Protection Against Disease

- Protection Tip 1
- Protection Tip 2
- Protection Tip 3
- Protection Tip 4
- Protection Tip 5
- Protection Tip 6

Protection Tip 6



Follow up on medical care for treatment.

Follow up on medical care for treatment.