

Start Small.



Think **Big.**

# Take 5!

A healthier community...

begins with **You!**



Find Out How:

[FairfaxCounty.gov/HD](http://FairfaxCounty.gov/HD)

Wash Hands & **1** Cover Coughs

Increase Physical Activity **2**

Keep Vaccinations up-to-date **3**

Stay Tobacco Free **4**

Eat Healthy **5**



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*healthy people in healthy communities*