

Start Small.



Think **Big.**

Take 5!

A healthier community...

begins with **You!**



Find Out How:
FairfaxCounty.gov/HD

- 1 Wash Hands & Cover Coughs
- 2 Increase Physical Activity
- 3 Keep Vaccinations up-to-date
- 4 Stay Tobacco Free
- 5 Eat Healthy



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*healthy people in
healthy communities*