



To view the entire Pandemic Flu comic book go to:
<http://www.pandemicflu.utah.gov/indivfamilies.htm>

We Must Learn How to Stay Healthy (found on LDS.org)

Anciently, people did not know causes of disease. We have gained much knowledge since the gospel was restored to the earth in 1830. Since that time the Spirit of the Lord has been poured out upon the earth. Many new discoveries have been made to help us be healthy.

As adults, we need to know and do things that help us remain healthy. We should also teach these things to our children.

1. Controlling Germs Helps Prevent Disease
2. Keep Insects out of the Home
3. Clean the Places Where Germs Live
4. Properly Dispose of Animal and Human Wastes
5. Protect Food from Insects
6. Immunizations Help Prevent Disease
7. Good Health Practices Help Prevent Disease

The Lord has provided us with many ways to prevent disease and illness. He expects us to use wisdom and do all we can.