5 MINUTES OR LESS FOR HEALTH

ONE MINUTE OR LESS FOR HEALTH

Take folic acid
Wash hands
Protect your skin
Wear a helmet
Buckle up
Fight the urge to smoke or use tobacco
Read food labels

FIVE MINUTES OR LESS FOR HEALTH

Test smoke alarms
Do a skin and body check
Eat healthy
Make appointments for routine exams and screenings
Know your blood pressure and cholesterol numbers
Make sure you are up-to-date on your vaccinations
Know the signs and symptoms for heart attack and stroke
Take care of your teeth and gums

MORE THAN FIVE MINUTES AND WORTH IT

Be active
Be prepared for emergencies
Know your family's health history
Prevent falls
Get involved
Pack a travelers' health kit
Learn tips for caregiving

Visit CDC for more five minutes or less health tips.
http://www.cdc.gov/family/minutes/