

take control of your pdf

CDC Says Take 3 Actions To Fight The Flu. Try to avoid close contact with sick people. While sick, limit contact with others as much as possible to keep from infecting them.

CDC Says "Take 3" Actions to Fight the Flu | CDC

A component of the Executive Office of the President, ONDCP was created by the Anti-Drug Abuse Act of 1988.. The ONDCP Director is the principal advisor to the President on drug control issues.

Office of National Drug Control Policy

The Weight-control Information Network (WIN) provides the general public and health professionals with evidence-based information and resources on obesity, weight management, physical activity, and related topics.

Weight-control Information Network | NIDDK

An 8.5" x 11" booklet that outlines a step-by-step method to develop a spending and savings plan. Listen to tips on how to create and maintain a budget to divide your available money to meet your needs and wants.

Extension Store

Applications are now being accepted for the nation's highest honor for programs helping people bring asthma under control. The deadline to apply is February 18, 2019.

Asthma | US EPA

Be Ready! Winter Weather Infographic Prepare your home for winter weather. Winter is Coming! Be Ready Send eCards. Winter Weather Be Prepared to Stay Safe and Healthy in Winter. Infographic: Avoid, Spot, Treat Frostbite and Hypothermia

Winter Weather|CDC - Centers for Disease Control and

The Key to Mold Control is Moisture Control. If mold is a problem in your home, you must clean up the mold and eliminate sources of moisture. Learn more about mold and moisture control.

Mold | US EPA

Bats and Rabies What you need to know about bats and rabies to keep you and your family safe. Annual Water Testing Test your well water once a year for bacteria and nitrates, and every 5 years for arsenic, fluoride, uranium, radon, lead, and manganese. Tickborne Diseases Learn the facts about tickborne diseases and the steps you can take to prevent them.

Maine Center for Disease Control & Prevention: DHHS - Maine

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Food and beverages provide the energy and nutrients you need to improve health, manage disease, and reduce the risk of disease. Find resources on nutrition to help you pay attention to what, when, how often,

why, and how much you eat and drink, as well as, help manage health conditions such as diabetes, obesity, kidney disease, and others.

Diet & Nutrition | NIDDK

Best of Planet PDF 2 released. Planet PDF has just released the long-lost second edition of its annual "Best bits" compilation. The free Best of Planet PDF publication contains Planet PDF's biggest articles from 2004 (yep, 2004). Volume 2 is 83 pages full of select Planet PDF news features, tips, interviews, product information and more that was published at Planet PDF during 2004.

Planet PDF - The PDF User Community - Foxit Software

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Public Health Media Library - tools.cdc.gov

Find out more about living with health conditions and know your symptoms, causes, and treatment options.

Health Condition Centers

Have you been living in CHAOS? FlyLady is here to help you get your home organized! She teaches you to eliminate your clutter and establish simple routines for getting your home clean!

New/Most Popular Links | FlyLady.net

The DEP Business Portal is an open door for residents, local governments and the private sector to find information and transact business with the Florida Department of Environmental Protection.

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