

Healthy You: Quick Facts

The NATION'S HEALTH

How voting can be good for your health

Did you know? The choices you make at the ballot box can impact your health. The people you elect make decisions about things like the cleanliness of the water you drink, the safety of your roads and schools, and the quality of care at your local hospital. Voting gives you a voice on things that affect your health and the health of your family.



Photo above by SeventyFour, below by Adamkaz, courtesy iStockphoto

Quick tips on voting:

1 Prepare for Election Day well ahead of time. Register to vote or update your information online at [Vote.gov](https://www.vote.gov). Make sure your address is correct and confirm what you will need to bring with you to the polls.



2 Learn about who is on the ballot. Candidates usually have a website where they share facts about themselves. Look for their experience and ideas on health issues.

3 Be careful where you get your information from. False or misleading information can spread quickly, especially on social media. If you hear a claim about a candidate, look up who is saying it and verify whether the

source is one you trust.

4 Talk with your family and friends about why voting matters. Encourage them to take part. Remind them that every vote is important.

5 Now make a plan! Find out when the polls will be open and where you will go to vote. Check if your state offers mail-in and early voting. Then put a reminder on your calendar.

>> For more information on voting, visit [Vote.gov](https://www.vote.gov) and [Vote411.org](https://www.vote411.org)

