

BASIC DISEASE PREVENTION

Prevention begins with you. Keep viral diseases, flu and infections away by making these basic infection control measures a habit.

Stay home if you are sick, and avoid close contact with anyone who is ill. Six feet of distance can greatly reduce respiratory disease transmission.

Cover your coughs and sneezes. When possible, cough, sneeze or blow your nose into a tissue, and throw the tissue away.

Avoid touching your nose, mouth and eyes with unwashed hands.

Wash your hands with soap and water frequently and thoroughly, especially after coughing or sneezing, blowing your nose, and using the bathroom. Effective handwashing takes about 20 seconds, and includes cleaning under fingernails, between fingers, and washing the back of hands as well as the front. Use hand sanitizer if soap and water are not available.

Clean or disinfect surfaces and objects that are touched often.

Stay in good overall health by eating right and staying active. If you are living with diabetes, heart disease or other condition, keep in touch with your doctor and stay current with your treatment.

Get a flu shot. Before or during every flu season, flu vaccination can prevent illness or make it less severe. It also keeps you healthier and better able to fight off other infections.



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