

## *Stop the Spread of Germs*

Adapted from the Centers for Disease Control and Prevention

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The viruses usually spread from person-to-person when an infected person coughs or sneezes. Use this information to help prevent the spread of cold germs, seasonal flu, and pandemic flu.

### **How to Help Stop the Spread of Germs:**

#### 1. Cover your mouth and nose.

- ◆ Cough or sneeze into a tissue. Throw the tissue away and wash your hands.
- ◆ Clean your hands and do so every time you cough or sneeze.

#### 2. Clean your hands often.

- ◆ Wash your hands with soap and warm water for 15 to 20 seconds. Scrubbing your whole hand with soap and water will help remove germs.
- ◆ If soap and water are not available, use alcohol-based hand wipes or gel sanitizers. Rub hands together until dry. The alcohol in the gel kills cold and flu germs.

#### 3. Avoid touching your eyes, nose, and mouth.

- ◆ Germs are often spread when a person touches something with germs on it and then touches his eyes, nose, or mouth. Germs can live on surfaces like desks or doorknobs.
- ◆ When you are sick or have flu symptoms, stay home and get plenty of rest. Check with a doctor as needed. Staying away from others may keep them from getting sick.

#### 4. Practice other good health habits to stay healthy all year long.