

# Win The Fight Against the Spread of Germs

## First Line of Defense: Clean Hands

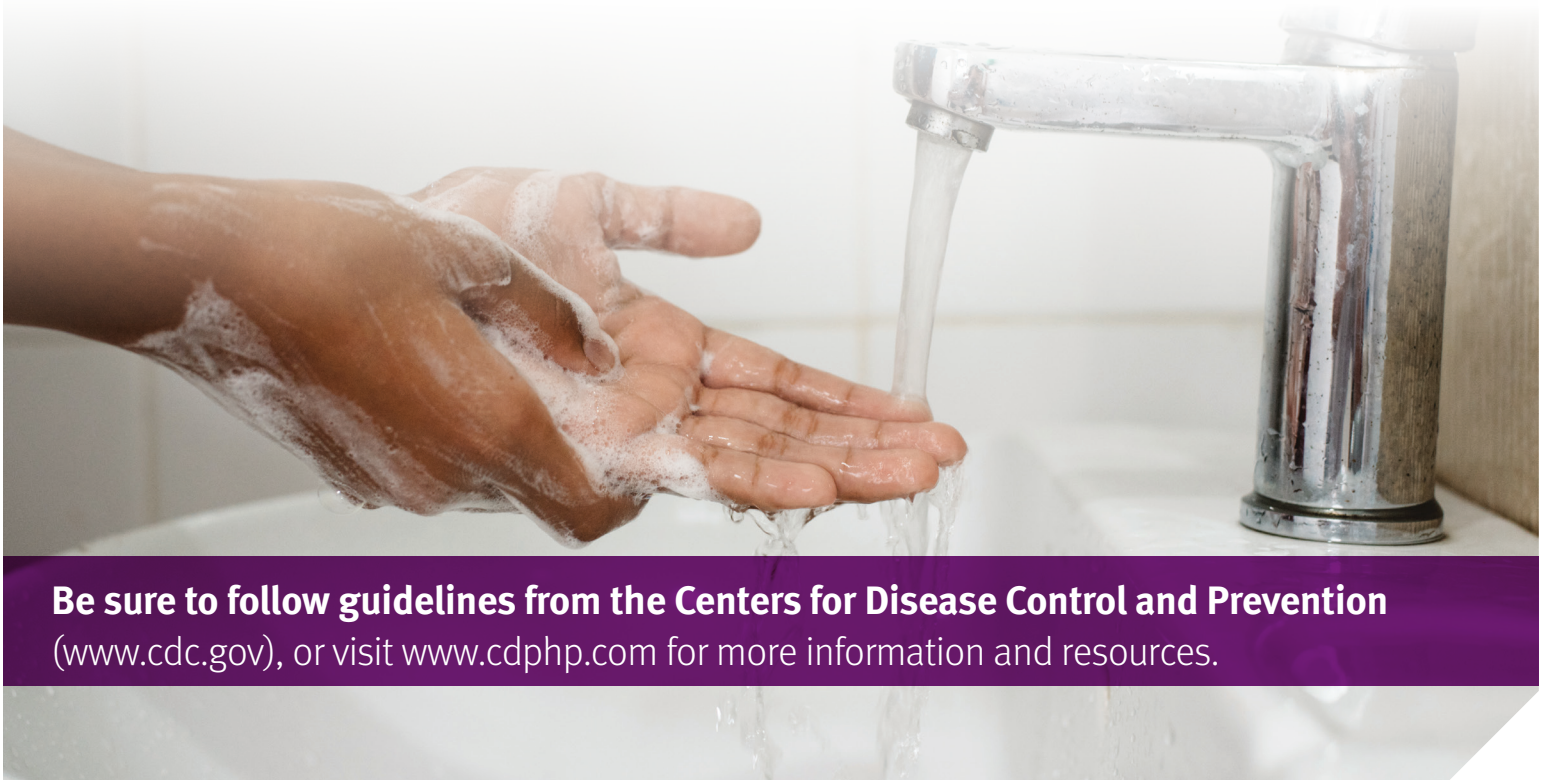
- ▶ A quick rinse under cold water will not do the trick. Rub your hands together with soap and warm water for at least 20 seconds.
- ▶ Be sure to clean the backs of your hands and wrists, as well. Rinse thoroughly, and dry with a clean paper towel.
- ▶ If a sink is unavailable, use a waterless hand sanitizer. Be sure it contains an alcohol concentration of between 60 and 95 percent.
- ▶ Wash your hands regularly throughout the day, particularly before eating.
- ▶ Avoid touching your eyes, nose, and mouth with unwashed hands.

## Be Smart About Being Sick

- ▶ Stay home when you start to feel sick.
- ▶ When sneezing or coughing, cover your mouth and nose with a tissue, and immediately throw it away when done.

## Boost Your Immune System

- ▶ Get plenty of sleep.
- ▶ Stay active.
- ▶ Manage your stress.
- ▶ Drink plenty of fluids.
- ▶ Maintain a healthy diet.



**Be sure to follow guidelines from the Centers for Disease Control and Prevention** ([www.cdc.gov](http://www.cdc.gov)), or visit [www.cdphp.com](http://www.cdphp.com) for more information and resources.