

Good Health Is In Your Hands!



Do you know that the single most effective way to stop the spread of infection is by washing your hands?

That's right. The Centers for Disease Control and Prevention say the most important means of preventing the spread of gastrointestinal (stomach flu) and respiratory (colds and the flu) illness is handwashing.

There are other ways to prevent passing on germs to friends, family and co-workers:

- cover your mouth when you sneeze or cough
- avoid other people when you are ill with a cold or the flu
- never share toothbrushes, towels, drinking glasses and utensils



When do you wash your hands?

- Before and after you cook or eat food
- After you feed or play with your pet
- After you change a diaper or blow your nose
- After you use the restroom
- Before and after you care for someone who is ill



Practice good respiratory etiquette and enjoy good health. Cover your mouth when you sneeze or cough; keep your fingers out of your mouth, nose and eyes; and wash your hands regularly.

Remember: good health is in YOUR hands!

