

## **Cold and Flu Prevention Guide**

### **5 Ways to Help Keep Your Family Healthy:**

- 1. Wash your hands frequently to keep cold and flu germs from spreading.** Make it a habit before eating, after using the restroom, and if you come in contact with a sick person or something he or she has touched. Teach your children to avoid spreading cold and flu viruses by coughing into the crux of their elbows, instead of their hands.
- 2. Disinfect commonly used surfaces in your home.** From the faucet to the doorknob to the football your kids toss around, the surfaces they touch are often breeding grounds for colds and flu germs. One of the most important ways to protect your family and stop viruses dead in their tracks is to disinfect commonly touched surfaces. Chlorine bleach, hydrogen peroxide, detergents, soaps, antiseptics, and alcohol are all effective against viruses if used properly. Follow label directions. *\*Germ “hot spots” – doorknobs, toilet handles, telephone receivers, countertops, faucets, TV & game remotes, keyboards, and toothbrushes (disinfect them in a dishwasher, or better yet get a new one after you’ve been sick)*
- 3. Keep trash cans handy.** To prevent the spread of virus, throw away tissues and other disposable items right away. Keep trash cans available throughout your home. Always wash your hands after you touch a used tissue or empty the garbage.
- 4. Keep linens, dishes, and utensils clean.** Don’t share bed sheets or towels if anyone in your home is sick. (You don’t have to wash linens separately, though - just use your usual household laundry soap and tumble dry on a hot setting.) Don’t share dishes or eating utensils before they are washed. If you use paper plates or cups, throw them away after a single use.
- 5. Keep your home well ventilated.** If weather permits, open windows in bathrooms, bedrooms, and the kitchen.

