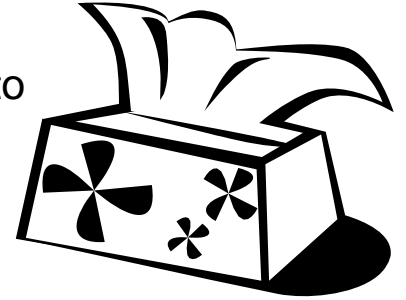


Potty Pointers

Simple Tips for Preventing the Spread of the Flu

Researchers have shown that each hand may carry 10,000 to 10 million bacteria. Sneezing or coughing into your hands and then touching inanimate objects, such as doorknobs, can lead to the spread of germs from person to person. Here are some simple tips for preventing the spread of the flu:



1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
2. Wash your hands often with soap and water, especially after you cough or sneeze.
3. Hand sanitizers are effective in killing viruses and bacteria. Use them often during the flu season, especially when you are unable to wash your hands with soap and water.
4. Avoid touching your eyes, nose or mouth. Germs spread this way.
5. Try to avoid close contact with sick people.
6. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Keep away from others as much as possible.
7. While sick, limit contact with others to keep from infecting them.
8. Wipe off door handles, light switches, and phones with disinfectant wipes on a regular basis.

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