

Keep Germs to Yourself!



Why are we concerned about spreading germs?

While many germs are not harmful, some cause diseases that spread easily from person to person. We don't have vaccines and medicines for every disease, but you can take steps to protect you and your family.

How do germs spread?

Colds and the flu are common this time of year. They spread in droplets from the nose, throat, and lungs of someone who is sick.

How can you help stop the spread of germs?

- **Wash hands often**
 - ✓ Wash your hands with soap and warm water for 15 to 20 seconds.
 - ✓ Use alcohol-based hand wipes or gel sanitizers if you don't have soap and water. Rub hands together until dry.
- **Cover your mouth and nose when you cough or sneeze**
 - ✓ Use a tissue, then throw it away and wash your hands.
 - ✓ If you don't have a tissue, cough or sneeze into your elbow or sleeve — *not* your hands.
- **Avoid touching your nose, mouth, and eyes**
 - ✓ Germs often spread when you touch something with germs on it and then touch your eyes, nose, or mouth.
- **Stay home when you are sick**
 - ✓ If you have flu symptoms (fever, sore throat, cough, body aches), stay home for at least 24 hours until after your fever is gone
- **Get your yearly flu vaccine.** Ask your doctor or clinic about other vaccines that can help protect your health.

For more information go to: <http://www.cdc.gov/flu/protect/stopgerms.htm>

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Thomas
Jefferson Serving: Albemarle Charlottesville
HEALTH DISTRICT Fluvanna Greene Louisa Nelson

www.vdh.virginia.gov/LHD/ThomasJefferson

