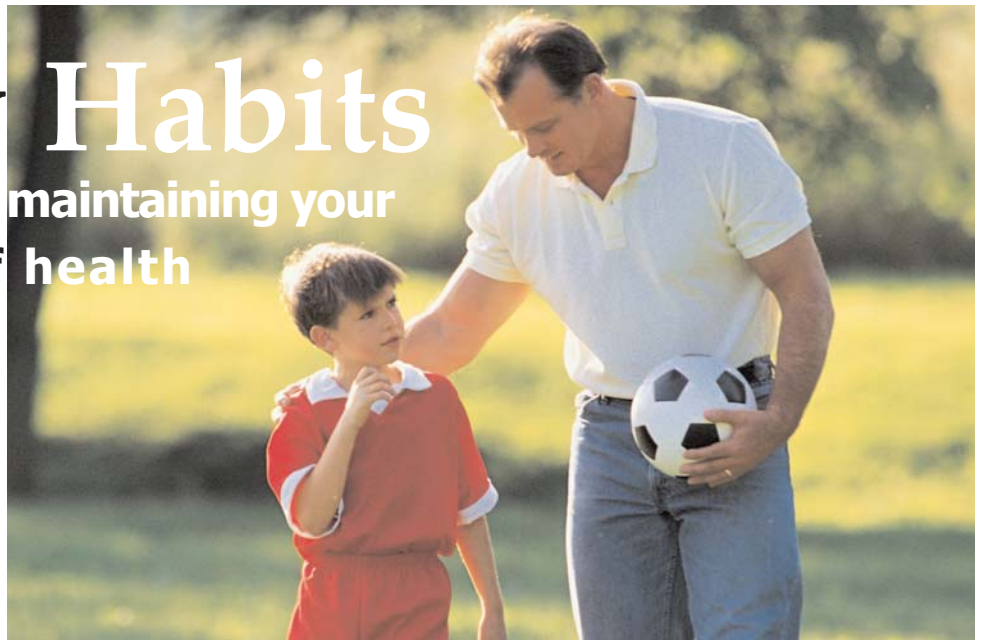


# Healthy Habits

Tips for reaching and maintaining your optimum state of health



## How Germs Spread

Illnesses like colds and the flu (influenza), even the bird flu, are caused by viruses that infect the nose, throat, and lungs. Below are tips that will help keep you safe from viruses that can threaten your health.

### How to Help Stop the Spread of Germs

Take care to:

- ▲ Cover your mouth and nose when you sneeze or cough
- ▲ Clean your hands often
- ▲ Avoid touching your eyes, nose or mouth
- ▲ Stay home when you are sick and check with a health care provider when needed
- ▲ Practice other good health habits

#### **COVER YOUR MOUTH AND NOSE WHEN YOU SNEEZE OR COUGH**

**Cough or sneeze into a tissue and then throw it away.** Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

#### **CLEAN YOUR HANDS OFTEN**

**When available, wash your hands -- with soap and warm water -- then rub your hands vigorously together and scrub all surfaces.** Wash for 15 to 20

seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs.

**When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.**

You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.\*

#### **AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH**

**Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth.** Germs can live for a long time (some can live for two hours or more) on surfaces like doorknobs, desks, and tables.

#### **STAY HOME WHEN YOU ARE SICK AND CHECK WITH A HEALTH CARE PROVIDER WHEN NEEDED**

**When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed.** Your employer may need a doctor's note for an excused absence. Remember:

Keeping your distance from others may protect them from getting sick. Common symptoms of the flu include:

- ▲ fever (usually high)
- ▲ headache
- ▲ extreme tiredness
- ▲ cough
- ▲ sore throat
- ▲ runny or stuffy nose
- ▲ muscle aches, and
- ▲ nausea, vomiting, and diarrhea, (much more common among children than adults).

#### **PRACTICE OTHER GOOD HEALTH HABITS**

**Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.** Practicing healthy habits will help you stay healthy during flu season and all year long.

*The material contained in Healthy Habits is not intended to be medical advice on any particular matter. Readers should seek appropriate professional advice before acting on the basis of any information contained in this publication. This information is provided courtesy of Optima Health.*