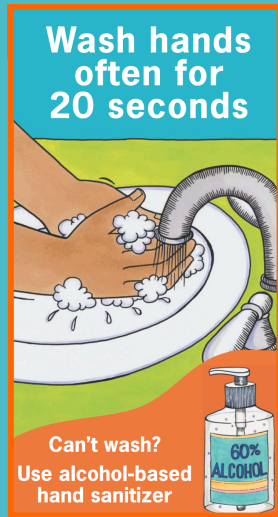


# Prevent Disease, Use Good Health Manners Please!

## To Stay Healthy. . .



- Scrub all surfaces of your hands with soap and water for 20 seconds.
- Use an alcohol based sanitizer if you can't wash your hands right away.

Handwashing is one of the most important things you can do to prevent the spread of illness.

### Cover coughs and sneezes



- Use a tissue to cover coughs and sneezes.
- Throw used tissues in the trash and wash hands.
- No tissue? Cough or sneeze into your sleeve.

Covering coughs and sneezes keeps germs from spreading through the air and landing on surfaces where they can be picked up by others.

### Avoid touching your eyes, nose, and mouth

These are easy "doors" for disease-causing germs to enter the body.

### Keep yourself healthy

- Stay up to date on vaccinations.
- Eat a variety of healthy foods.
- Exercise daily.
- Get plenty of sleep.
- Reduce stress.



## When Sick:



### Stay home when you have:

- Fever with sore throat, cough, runny nose or sneezing
- Vomiting or diarrhea

Keep sick children home from school/child care. Stay home until symptoms have been gone for 24 hours.

Staying home during illness helps speed recovery and keeps germs from spreading further.

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