

10 THINGS TO DO TO PREVENT INFECTIOUS DISEASES

1. Keep immunizations up-to-date. Follow recommended immunizations for children and adults. And don't forget your pets!
2. Wash your hands often, especially during cold and flu season. Be sure to wash hands:
 - ◆ After using the bathroom.
 - ◆ Before preparing or eating food.
 - ◆ After changing a diaper.
 - ◆ After blowing your nose, sneezing or coughing.
 - ◆ After caring for a sick person.
 - ◆ After playing with a pet.
3. Be aware of what you eat, and be careful how you prepare it:
 - ◆ Keep hot foods **hot** and cold foods **cold** until eaten or cooked.
 - ◆ Be sure temperature controls in refrigerators and freezers are working properly.
 - ◆ Wash counters, cutting boards, and utensils frequently with soap and hot water, especially after preparing poultry or other meats.
 - ◆ Wash fresh fruits and vegetables before eating.
 - ◆ Cook ground beef until you can longer see any pink.
4. Use antibiotics exactly as prescribed. Take them for the full course prescribed by your doctor, but not for colds or other non-bacterial illnesses. Never self-medicate with antibiotics or share them with family or friends.
5. Report to your doctor any quickly worsening infection or any infection that does not get better after you take a prescribed antibiotic.
6. Leave wild animals alone and be cautious around domestic animals that are not familiar to you.
 - ◆ After any animal bite, clean the skin with soap and water, and seek medical care immediately.
7. Avoid areas of insect infestation. Use insect repellent on skin and clothing when in areas where ticks or mosquitoes are common. If you have visited wooded or wilderness areas and are now sick, your doctor needs all the details to diagnose both rare and common illnesses quickly.
8. Avoid unsafe, unprotected sex and injection drug use.
9. Stay alert to disease threats when you travel or visit undeveloped areas. Get all recommended immunizations, and use protective medications for travel, especially to areas with malaria. Don't drink untreated water while hiking or camping. If you become ill when you return home, tell your doctor where you've been.
10. When sick, allow yourself time to heal and recover. ***Be courteous to others: wash your hands frequently, and cover your mouth when you sneeze or cough.***