

# How to Prevent the Spread of Infection and Illness

## 1 Wash Your Hands

- Wet hands and apply soap
- Rub hands together to create friction
- Wash for at least 20 seconds
- Wash under fingernails and in creases
- Rinse well
- Dry hands
- Use towel to touch surfaces

## 2 Cover your nose and mouth with a tissue when you cough or sneeze. Throw tissue in the trash after you use it. If you don't have a tissue — cough into your arm/elbow.

## 3 Alcohol-based hand cleaners can be used when soap and water aren't available.

## 4 Avoid touching your eyes, nose, or mouth, as germs are spread this way.

## 5 Try to avoid close contact with sick people. If you get sick:

- Call your healthcare provider
- Stay home from work or school
- Stay away from others to avoid infecting them

*An ounce of prevention is worth a pound of cure.*

— Henry de Bracton, De Legibus, 1240