

Tips for Staying Healthy and Preventing the Spread of Germs

- **Cover your mouth/nose when you cough or sneeze**—a good technique is to cough or sneeze into your elbow, keeping your hands free from the germs.
- **Wash your hands with soap and water, scrubbing for at least 20 seconds** (sing your ABCs while you scrub), to wash germs down the drain. **Wash your hands** before eating or taking medicine, before and after preparing food (especially after touching raw meat, fish, and eggs), after touching pets, after using the bathroom, or after playing or working in dirt—**whenever they are dirty**.
- **To protect open cuts in your skin from germs:** wash with soap and water for at least 20 seconds, and cover with a bandage.
- **Never touch anyone's blood or body fluids** with your bare hands. Use gloves if you have them or find something to use as a barrier for protection.
- Don't share towels, washcloths, toothbrushes, or razors.
- To prevent the spread of lice, don't share hairbrushes, combs, or hats.

