

Tips to Prevent Viral Infection

Frequent Handwashing! Handwashing is THE BEST way to protect yourself and your family from getting sick and spreading germs.

WHEN TO WASH HANDS?

1. Upon entering the home
2. When preparing food
3. Before and after eating
4. After using the toilet
5. After blowing your nose, coughing, or sneezing
6. When exposed to other sick people
7. As frequently as possible!

HOW TO WASH HANDS?

1. Wet your hands
2. Apply soap.
3. Lather and scrub hands for at least 20 seconds.
4. Rinse well under clean running water.
5. Dry using a clean towel or air-dry.

What about hand sanitizer? Sanitizers do not get rid of all types of germs and are not as effective. If soap and water are not available, use alcohol-based hand rub. Hand washing is always better!

EVERYDAY PREVENTATIVE ACTIONS

Boost Immunity

with Vitamin C and Honey

Vitamin C: Oranges and orange juice are an ideal source of vitamin C. Include in your diet daily.

Honey: Honey is an excellent antiviral. We recommended at least 2 tsp of honey daily for adults and children over 12 months of age.

Disinfect Surfaces

Disinfect surfaces and objects with rubbing alcohol: Remember, the surface is not disinfected until it is dry.

Avoid Spreading Germs

Cough and sneeze into disposable tissue when possible. Remember to wash hands after coughing and sneezing. Avoid sharing personal items like water bottles.

RECOMMENDED STRATEGIES FOR COUGH/CONGESTION

Call your doctor to discuss symptoms and schedule an appointment. Avoid close contact with ill persons, when possible.

Start saline nebulizer treatments at first sign of congestion. Consider adding a drop of eucalyptus oil. Tiger Balm and Vick's can be used topically.

REMEMBER TO WASH HANDS FREQUENTLY!

Hand hygiene is the most effective defense against illness.