

FACT SHEET

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HANDWASHING

Washing our hands is the easiest, safest and cheapest way to avoid getting or spreading germs, so wash your hands often.

- ⇒ **Why?** Germs love your hands. When we touch a doorknob or a computer keyboard, handle money or shake someone’s hand, we can pick up germs.
- ⇒ **When?** You should wash your hands before touching your fingers to your eyes, nose or mouth, and before eating, before taking out contact lenses, before cooking or preparing food...
- ⇒ **How?** (Regular old soap will work just fine - antibacterial soap isn’t really necessary). After wetting your hands and applying soap, thoroughly rub your hands together for about 20 seconds. Scrub your palms, between your fingers, the back of your hand, and under your fingernails. Rinse your hands, then dry them with an unused towel or paper towel.
- ⇒ **Remember:** Germs love the computer keyboard, a mouse, a phone or cell phone.



BE PREPARED

Common sense tells us that if we are healthy and our bodies strong, we have a better chance of fighting off sickness.

- ⇒ Eat a balanced diet; one that includes fruits and vegetables.
- ⇒ Be physically active. Walk, run, ride a bike... whatever it takes, if you are in shape and your body is strong, you have a better chance of fighting off a virus.
- ⇒ Don’t smoke and drink alcohol in moderation.

RESPIRATORY *ETIQUETTE*

Coughing and sneezing is the easiest way to get or give germs, but doing it properly will help eliminate their spread.

- ⇒ When you have to sneeze or cough, cover your nose and mouth with a handkerchief or a tissue.
- ⇒ If you don’t have a tissue handy, use the sleeve of your shirt or coat at the crook of your elbow.
- ⇒ Make sure to dispose of the tissue properly, into a wastebasket or trash-can.
- ⇒ Afterwards, make sure to wash your hands using the method described above.
- ⇒ If you are sick, stay home from work, and keep sick children out of school.
- ⇒ Don’t share eating utensils and don’t drink after anyone else.