# PREVENT ILLNESS

## Practice sanitary habits

### Why Wash Your Hands Frequently?

According to the CDC, "Removing germs through handwashing […] helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections."

Germs can get on your hands in all sorts of ways, like after you use the toilet. You can also get germs on your hands after touching a contaminated surface. With germs on your hands, you can pass illness on to anyone you touch.

Plus, the CDC reminds us "People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick."

Don't spread disease! Instead, wash your hands regularly.

## Wash Your Hands:

You can reduce your chances of getting infected with an illness by making certain to wash your hands often and well. Wash them frequently after touching high-hand-contact surfaces like door knobs, elevator buttons, and railings.

Wash your hands after going to the bathroom, blowing your nose, and each time you return to your home.

Handwashing before eating and drinking is also important, not just using sanitizer. If water and soap are not available, use an ethyl alcohol-based hand sanitizer, preferably in a gel form. The sanitizer should be at least 60% alcohol, and should only be used if it's not possible to wash your hands.