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Tips to Prevent Colds and Flu

- Wash Your Hands – often!
- Sneeze and cough into a tissue, throw the tissue away, then wash your hands
- Don't touch your face, eyes, or rub your nose
- Drink plenty of fluids, but do not share drinking cups or straws
- Wash out your water bottle daily
- Avoid contact with people that are sick
- Get lots of fresh air
- Exercise frequently
- Clean shared items such as phones, keyboards, handles and door knobs with alcohol wipes or other sanitizer-type wipes
- Eat healthy foods such as whole grains, fresh fruits and vegetables
- Don't smoke and decrease alcohol consumption
- Relax
- If you do get sick, come to the health center, and stay in bed



*******The single best thing you can do to prevent upper respiratory illness & gastrointestinal illness is to wash your hands. To wash hands the best way follow these instructions:**

- Wash your hands with soap and warm water
- Wet your hands before applying soap
- Rub your hands together and create friction for at least 15 seconds (wash your hands long enough for you to finish singing your ABC's)
- Try to cleanse between fingers and under jewelry
- Rinse your hands thoroughly to remove all soap
- Turn off the water with a paper towel
- Dry your hands with an air dryer or a clean paper towel
- Use a paper towel to open the door and dispose of paper towel in a trash bin outside of door
- If you do not have soap and water, alcohol based hand sanitizers can be used

When to wash your hands

- After using the bathroom
- After sneezing and blowing into a tissue
- Before preparing food and immediately after touching anything that might contaminate your hands, such as meat, poultry, or fish
- Before meals
- After touching animals or animal waste
- When hands are dirty
- When someone around you is ill
- Wash your hands often. Bacteria and viruses cannot be seen, and they can be anywhere



www.fightbac.org

Wash your hands!

For more information on how to stay healthy this winter, contact The Health Center at x1020, Health Education at x1001, or visit The Center for Hygiene & Health at www.simmons.edu/hygieneandhealth