Preventing Illness
Colds & Flu

• Stay home until you are better – especially if you have a cough or fever (at least 24 hours after the fever has passed).

• Sneeze/cough into a disposable Kleenex or in the crook of your elbow (not in your hand). Immediately dispose of the Kleenex.

• Practice good hand-washing:
  • Wet hands with running water; place soap in palms; rub together to make a lather; rub hands together vigorously for minimally 15 seconds, including under the nails; then rinse.
  • Don’t use hot water as this increases dermatitis risk.
  • Turn off the faucet by using a disposable paper towel.
  • Dry your hands with a disposable paper towel. Do not dry hands on clothing.
  • Wash hands before eating, after bathroom use and after using a Kleenex etc.

• Can I use antiseptic hand cleansers or towelettes?
  • Yes – but ONLY use when a hand washing facility is not feasible.
  • Make sure you use these with clean cloth/paper towels.
  • Wash hands with soap & running water as soon as possible.