

# Preventing Illness and Infection

In light of the recent publicity surrounding the Swine Flu, The EAP Committee has prepared the following basic tips and techniques designed to prevent the spread of illness and infection.

## Wash Your Hands the Right Way



When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- Always use soap and water if your hands are visibly dirty.

If soap and clean water are not available, use an alcohol-based hand rub to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast-acting.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.

## Cover Your Mouth

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Discard used tissue in waste basket.



## Other Suggestions

- Keep hands away from your face. Avoid touching your eyes, nose or mouth.
- Clean shared spaces and refrain from sharing personal items that may contain germs.
- Get plenty of rest and exercise; take supplements when necessary (consult with your health care provider).
- Avoid people who are ill; stay home from work or school if you are sick.
- If you become ill with flu-like symptoms including fever, body aches, runny nose, sore throat, nausea, vomiting or diarrhea, contact your health care provider.

