

Disease Prevention Basics

FACT SHEET

No one likes to be sick, but we live in a world where there is potential for illness all around us. Here are a few suggestions to prevent disease at home and at work.

- ✓ Clean your hands frequently. This means every time you use the restroom, before you eat, after you sneeze or cough and any other time your hands feel dirty.
 - * Wash with soap and water. Use warm water if it is available.
 - Lather with soap and rub hands vigorously for 20 seconds.
 - Rinse thoroughly.
 - Dry with clean towel.
 - * Clean with alcohol hand sanitizers. When you clean hands with an alcohol-based handrub use enough to cover all surfaces of hands.
 - Put handrub on the palm of one hand.
 - Rub hands, covering all surfaces of hands and fingers with handrub.
 - Rub until dry.
- ✓ Get vaccinated against preventable diseases like flu.
- ✓ Keep your workspace clean. Clean your phone, computer keyboard and anything else that you share with others. Even if you are the only user, germs can live on these objects and you can re-infect yourself.
- ✓ Maintain a clean environment by establishing routine effective cleaning procedures.
 - * You can use any cleaner you buy at the grocery store that has the word “disinfectant” on it. Read the label and follow the directions.
- ✓ Disinfect surfaces of exercise equipment before and after use.
- ✓ Drink at least 8 glasses of water a day.
- ✓ Sneeze or cough into your sleeve. The organisms die on your sleeve without contaminating your hands or expelling them into the air.
- ✓ Keep your immune system strong by eating a balanced diet, getting plenty of sleep, and exercising regularly.
- ✓ Keep cuts and scrapes clean and covered with a bandage until healed.
- ✓ Avoid contact with another people’s wounds or bandages.
- ✓ Avoid sharing personal items such as towels or wash clothes, razors, bars of soap, personal clothing, hair care or deodorant products.
- ✓ Stay home if you are sick. Avoid coworkers who are sick (without being rude).

Related Sites:

Hand Washing http://www.southernnevadahealthdistrict.org/disease_factsheets/hand_washing.htm

Is it a Cold or the Flu http://www.southernnevadahealthdistrict.org/disease_factsheets/cold_flu.htm

Seasonal Flu <http://www.southernnevadahealthdistrict.org/influenza/home.htm>

Swine Flu <http://www.cdc.gov/swineflu/>

Norovirus http://www.southernnevadahealthdistrict.org/disease_factsheets/norovirus.htm

MRSA-CA (Community Associated Methicillin Resistant Staphylococcus Aureus)

["http://www.southernnevadahealthdistrict.org/disease_factsheets/ca_mrsa.htm"](http://www.southernnevadahealthdistrict.org/disease_factsheets/ca_mrsa.htm)

Cleaning Hands with Hand Sanitizers

["http://www.health.state.mn.us/handhygiene/clean/howrub.html"](http://www.health.state.mn.us/handhygiene/clean/howrub.html)

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