



MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT
Division of Epidemiology and Public Health Preparedness

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7 Ways to Keep Germs Away

1. Wash your hands often

- Keeping your hands clean is one of the best ways to keep from getting sick and spreading germs
- You should wash your hands:
 - Before you eat
 - Before, during and after preparing food
 - After going to the bathroom
 - After changing diapers or cleaning a child who has gone to the bathroom
 - Before and after tending to someone who is sick
 - After blowing your nose, coughing, or sneezing
 - After handling an animal, their toys, leashes, or waste
 - After handling garbage
 - After playing sports
 - Before and after treating a cut or wound
 - Any time they become dirty



2. Routinely Clean and Disinfect Surfaces

- Cleaning with soap, water, and scrubbing removes dirt and most germs
- Use disinfectant cleaners that kills germs
- Clean and disinfect counters and other surfaces before, during, and after preparing food, especially meat and poultry
- Routinely clean and disinfect all surfaces in the bathroom, especially if someone in the house has a stomach illness, a cold, or the flu
- Use a disinfectant that is approved by the United States Environmental Protection Agency (EPA)
- When using disinfectants be sure to follow the directions carefully; Product directions will let you know the proper use to kill the germs on surfaces



3. Handle and Prepare Food Safely

- **CLEAN**: Clean hands and surfaces often
- **SEPARATE**: Do not cross-contaminate one food with another
- **COOK**: Cook foods to proper temperatures
- **CHILL**: Refrigerate food promptly

For more facts about proper food temperatures visit:

<http://www.fightbac.org/>



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4. Get Immunized

- Be sure that all family members immunizations are up to date
- Get your flu shot
- The single best way to prevent the flu is to get vaccinated each fall



5. Use Antibiotics As Directed

- Antibiotics do not work against viruses such as cold and flu
- Unnecessary antibiotics can be harmful
- Antibiotics should be taken exactly as prescribed by your doctor

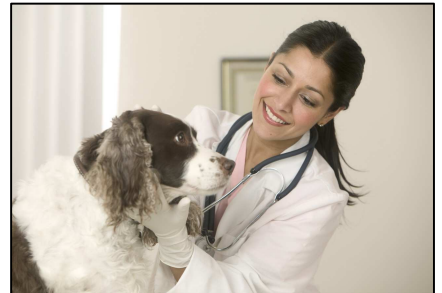


6. Be Careful With Pets

- Be sure that you pet's immunizations are up to date
- Babies and children under age 5 should be watched carefully around pets and animals
- Always wash hands after touching an animal, their toys, leashes, or waste
- Clean litter boxes daily; Pregnant women should not clean litter boxes

7. Avoid Contact With Wild Animals

- Do not feed or handle wild animals
- Avoid contact with stray animals or pets other than your own
- Immediately report any wild animal showing signs of unusual behavior
- Immediately report a bite from a wild or domestic animal to your local health department
- Animal proof your home and yard
- Make sure garbage containers have tight fitting lids
- Do not leave pet food and water outside
- Screen off vents to attics
- Keep yard free from garbage and debris



Information adapted from the Centers for Disease Control and Prevention
www.cdc.gov/ounceofprevention

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