

This document has been adapted from a document produced by the American Association for World Health

1. **Keep immunizations up to date.** Follow recommended immunizations for children and adults, and remember pets.
2. **Wash your hands often,** especially during cold and flu season. If hands are not visibly soiled, alcohol-based hand gels are effective. If hands are visibly soiled, use soap and water. Be sure to cleanse hands:
 - After using the bathroom,
 - Before preparing or eating food,
 - After changing a diaper,
 - After blowing your nose or sneezing or coughing,
 - After caring for a sick person,
 - After playing with a pet.
3. **Be aware of what you eat, and be careful how you prepare it.**
 - Keep hot foods hot and cold foods cold until eaten or cooked.
 - Be sure temperature controls in refrigerators and freezers are working.
 - Wash counters, cutting boards, and utensils frequently with soap and hot water, especially after preparing poultry or other meats.
 - Wash fresh fruits and vegetables before eating.
 - Cook ground beef until you can no longer see any pink.
4. **Use antibiotics exactly as prescribed.** Take them for the full course prescribed by your doctor. Remember antibiotics only work for bacterial illnesses, not for viral illnesses like colds or flu. Only take antibiotics that were prescribed for you.
5. **Report to your doctor any quickly worsening infection that does not get better** after you take a prescribed antibiotic.
6. **Be cautious around wild and domestic animals** that are not familiar to you.
 - After any animal bite, clean the skin with soap and water, and seek medical care immediately.
7. **Avoid areas of insect infestation.** Use insect repellents on skin and clothing when in areas where ticks or mosquitoes are common.
 - If you have visited wooded or wilderness areas and are now sick, your doctor needs all details to quickly diagnose both rare and common illnesses.
8. **Avoid unsafe, unprotected sex and injection drug use.**
9. **Stay alert to disease threats when you travel** or visit undeveloped areas. Get all recommended immunizations, and use protective medications for travel, especially to areas with malaria. Only drink treated water while hiking or camping. If you become ill, tell your doctor where you've been.
10. **When sick, allow yourself time to heal and recover.** Wash your hands frequently, and cover your mouth when you sneeze or cough.

OSDH 11/05

