

Good Hygiene Habits

Knowing how germs spread can help you stop them in their tracks. Germs are often spread when you touch something that is contaminated and then touch your eyes, nose, or mouth. Some germs are hardy and can live for a long time (hours or even longer) on surfaces like doorknobs, desks, and tables.

The best way to reduce the spread of infections is by washing your hands frequently with soap and water. Here are some other simple tips to help keep from spreading your germs to others, and to keep from catching someone else's - especially during the cough, cold and "flu" season.

9 hygiene habits to help reduce the spread of infections

1. Wash your hands frequently and thoroughly with warm water and soap, or alcohol-based hand sanitizers.
2. Get the appropriate vaccine (for example, the flu shot).
3. Stay home if you are sick (so you do not spread your illness to other people).
4. Cover your nose and mouth when sneezing and coughing (or cough into your elbow).
5. Use single-use tissues for wiping your nose, and throw them directly into the garbage after use.
6. Wash your hands after coughing, sneezing or using tissues.
7. If you work with or have young children, have them play with hard surface toys that can be easily cleaned.
8. Do not touch your eyes, nose or mouth unless you have recently washed your hands (viruses can transfer from your hands and into the body).
9. Do not share food, cups, glasses, dishes or cutlery or anything else that might be contaminated with germs.

Source: CCOHS