



Establish Healthy Habits Now to Prevent Flu and Other Illness

PRACTICE GOOD HEALTH HABITS

If you are concerned about the news stories you've heard about a potential influenza pandemic, establishing good health habits now can help your body stay healthy and fight off the flu and other illness.

- Eat a balanced diet including plenty of vegetables, fruits and whole grain products.
- Drink plenty of water and go easy on salt, sugar, alcohol and saturated fat.
- Exercise regularly. Thirty or more minutes of physical activity most days of the week can help boost your immunity.
- Get plenty of rest. Sleep is shown to help your body fight off illness.
- Try not to touch your eyes, nose or mouth. Germs are often spread this way.
- Stay away from people who are sick as much as you can.
- If you get sick, stay home from work or school.

WASH YOUR HANDS

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.

Washing 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 20 seconds. This is about the time it takes to sing "Happy Birthday" twice through.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. Sharing cloth towels can spread germs. If possible, use a paper towel to turn off the faucet and open the door.

Remember: If soap and water are not available, use an alcohol-based sanitizer to clean hands.

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 dry.

When should you wash your hands?

- Before preparing or eating food.
- After going to the bathroom.
- After changing diapers or cleaning up a child who has gone to the bathroom.
- After blowing your nose, coughing or sneezing.
- After handling an animal or animal waste.
- After handling garbage.
- Before and after treating a cut or wound.

RESPIRATORY ETIQUETTE

- Cover your nose and mouth with a tissue when sneezing, coughing or blowing your nose.
- Throw out used tissues in the trash as soon as you can.
- Cough or sneeze into your elbow or upper sleeve if you don't have a tissue.
- If you cough or sneeze into your hand, wash your hands.
- If you are not near soap and water, use an alcohol-based hand sanitizer, rubbing hands until dry.

GET INFORMED

To see what the State of Ohio is doing to prepare for a pandemic visit <http://www.ohiopandemicflu.gov>. This inter-agency Web site includes many resources for Ohioans:

- Planning resources for Ohio's families, schools, businesses, communities, health care providers and local governments.
- Fact sheets, questions and answers, multi-media files, brochures and more.
- Quarterly planning newsletters – subscribe here.

For more information on national pandemic flu planning, visit the U.S. Health and Human Services Web site <http://www.pandemicflu.gov>. This Web site includes some of the following resources:

- Planning checklists.
- Family emergency health information sheet.
- Emergency contacts form.
- Strategies to mitigate pandemics.

The World Health Organization Web site <http://www.who.int/en/> provides updates on avian influenza around the world in several languages. Other resources include:

- Advice for travelers.
- Frequently asked questions.
- Industry guidelines.