5 Ways to Stop the Spread of Germs!



1 Wash your hands

Use soap and warm water for at least 20 seconds, or use hand sanitizer if your hands aren't visibly dirty.

Wash your hands before eating, after using the bathroom, touching your face, handling pets, or being around someone who is sick.



2 Cover your mouth and nose



Cover your mouth and nose when you cough or sneeze to keep germs from spreading.

Use a tissue if you have one, then throw it away and wash your hands.

If you don't have a tissue, cough or sneeze into your elbow—not your hands!

3 Avoid close contact if you are sick

If you're sick, try to stay home and avoid close contact with others.

Don't shake hands or touch people, and call ahead before visiting the clinic to help keep others safe.

Follow any instructions at the clinic, like wearing a mask or using hand sanitizer.



4 Protect yourself with vaccines



Vaccines help keep you and others from getting sick.

Make sure your shots are up to date—ask your doctor or local health department if you're not sure.

Vaccines can protect you from diseases like the flu, pneumonia, chickenpox, measles, mumps, and more.

5 Speak Up for Your Safety

Doctors, nurses, and other healthcare workers should clean their hands before touching you.

It's okay to ask, *"Did you clean your hands?"* —you're helping to keep everyone safe!

They should also wear gloves when doing things like giving shots, taking blood, or handling body fluids.





Prevention

Prevention is one of the best ways to protect yourself and others from getting sick.

By stopping the spread of germs early, we can all stay healthier and safer.



This handout was created with help from these trusted organizations:

- Centers for Disease Control and Prevention (CDC)
- The Joint Commission
- Texas Society of Infection Control and Prevention
- Commission on Accreditation of Rehabilitation Facilities

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