

Tips for Staying Healthy

These simple actions can help prevent colds, flu, skin infections and other illnesses. Display these tips where family members can see them often.



Wash hands frequently with soap before meals or after using the bathroom. Wash for 15- 20 seconds (the time it takes to sing “Happy Birthday”). Use alcohol-based sanitizers when soap and water are not available.



Cover coughs with a tissue or face into your sleeve when you cough or sneeze.



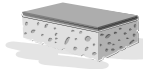
Wash cuts and scratches with soap and water and then keep them clean and dry.



Cover skin infections or infected wounds and follow the instructions of your health care provider. If infections cannot be covered, do not participate in contact sports.



Avoid sharing personal items such as towels or razors, or nail clippers. Clean sports uniforms and shared athletic equipment regularly.



Clean hard surfaces frequently, including tables, desks, doorknobs, telephones, TV remotes and computer keyboards.



Get a Flu shot. Flu shots from the Vaccine for Children’s program are free for eligible children up to age 19 at the Sarasota County Health Department.



Keep children at home when they are sick so they can get better faster and avoid spreading germs to others.



See your healthcare provider whenever symptoms of illness or infection persist. School nurses have information on low-cost children’s health insurance. Uninsured or underinsured children may be eligible for health services at the Sarasota County Health Department.

**Keep yourself
and your
family
healthy;
understand
how germs
are spread.**

- Illnesses like colds and flu are mainly spread from person to person when the droplets from a cough or sneeze of an infected person move through the air and get into the eyes, nose or mouth of someone nearby.
- Skin infections, including staphylococcus, are usually caused by bacteria getting into openings in the skin, like cuts or sores. Bacteria can come from the environment or other people.
- Germs also can be picked up from desks, doorknobs, tables, exercise or sports equipment and other surfaces. Some viruses and bacteria can live for days on these surfaces.

For more information, go to: www.sarasotahealth.org.