

Keep Your Germs to Yourself

Tips to keep others healthy when you're sick

Cold and flu season has arrived. Between sick kids, friends and co-workers, you're bound to pick up some sort of bug. Practicing good hygiene can prevent illness and keep germs at bay. But even with your best effort, you can wind up sick this season.

Here's how you can avoid spreading germs to others:

Cover your cough: Be sure to cover your nose and mouth with a tissue or sneeze into the crook of your elbow.

Wash, wash, wash: It can't be said enough to wash your hands often especially after sneezing or coughing.

Avoid touching your nose, eyes and mouth: When you have a cold or the flu virus and touch the mucous membranes of your nose, eyes and mouth, anything you touch that will carry the virus. This increases the possibility of spreading your illness to others. Avoid touching your face if possible and be sure to wash your hands if you do.

Get your rest at home: You can be contagious before symptoms even begin and you can stay contagious for several days after you fall ill. Stay away from public places and rest up at home.

Keep it clean: It's important to wash your hands before touching any surface that others may touch such as doorknobs and phones. Be sure to disinfect any surfaces you touch throughout the day to avoid spreading the virus to others.