Cold and flu prevention

Whether it's a cold or the flu, getting sick is never fun. Wouldn't it be better if you could avoid a cold or the flu in the first place? You can take simple steps to decrease your chances of getting sick.

Prevention

While it's nearly impossible to completely avoid cold or flu viruses, prevention is simple. Here are some tips:

- **Clean shared surfaces.** Wipe down items like telephones, keyboards, steering wheels and doorknobs often.
- **Get the flu shot.** It's the best way to protect yourself from the flu.
- **Avoid close contact with those who are sick.** This will help to reduce the chance of getting infected and sick.

Washing your hands like a pro

According to the Centers for Disease Control and Prevention, handwashing is one of the most important ways to prevent the transmission of disease. Here are some guidelines on how to most effectively wash your hands:

1. Use running water and soap to lather your hands and wrists. Scrub for at least 20 seconds.
2. Rinse with your hands pointing down so the rinse water doesn't run up your arms.
3. Dry with a clean towel or air dry them.
4. Shut off the faucet using the paper towel so you don't have to touch the handle.
5. Use a lotion or moisturizing cream to prevent cracks in the skin that can provide an entry point for germs and bacteria.

Sources: