

inspired

[to make healthy choices]

Volume 4 Issue 9 www.guideinc.org

Combatting Germs

People come in contact with **60,000 germs every day.**

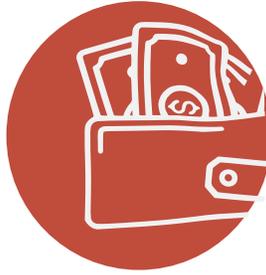
Of these, only 1 - 2% are potentially dangerous to most people with normal immunity. The optimal goal is to practice **good personal hygiene and good household hygiene** (ABC News).



The buttons on elevators, ATMs and vending machines never get cleaned. Use your elbow or knuckle to press a button.



The remote control gets touched by many hands. Next time you pull up the covers with a cold or the flu, grab a cleaning wipe for the remote so those germs don't spread.



Don't place purses on floor or on counters around registers. Paper currency carries many germs & viruses. Wash your hands after handling contents inside a wallet.



Wash a load that requires bleach first to disinfect your washer.



The telephone is the place where the mouth and hands come together, a haven for germs. Disinfect your phone often.

(ABC News)

STAYING HEALTHY: Best Practices to Combat Germs

Zip Up:

Studies have shown that people who bundle up & wear hats are less likely to catch colds later on in the year (CNN).

Get Moving:

Physical activity can flush bacteria from the lungs and airways; 20-30 minutes of exercise is an effective way to stay healthy (NIH).

Watch Your Hands:

Stop touching your eyes, mouth & nose; this spreads contamination of germs (ABC News).

Get Enough Rest:

Sleep deprivation lowers the immune system's ability to fight off infection (CNN).

Get the Flu Vaccine:

Recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population (CDC).

WASH HANDS:

- for at least 20 seconds
- use soap and water
- clean between fingers & around fingernails
- dry hands with a clean paper towel or hot air dryer
- make sure hand sanitizer is at least 60% alcohol

(CNN)

Washing hands is the single most important mechanism we have to prevent infection (ABC News).

"Inspired to Make Healthy Choices" Created by



GUIDE, Inc.