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.

**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

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