

This document has been adapted from a document produced by the American Association for World Health

1. **Keep immunizations up to date.** Follow advised vaccination schedules for children and adults, and remember pets.
2. **Wash your hands often,** especially during cold and flu season. If hands are not plainly dirty, alcohol-based hand gels work well. If hands are plainly dirty, use soap and water. Be sure to wash hands:
 - After using the bathroom,
 - Before making or eating food,
 - After changing a diaper,
 - After blowing your nose, sneezing, or coughing,
 - After caring for a sick person,
 - After playing with a pet.
3. **Be aware of what you eat, and be careful how you prepare it.**
 - Keep hot foods hot and cold foods cold until eaten or cooked.
 - Be sure temperature controls in refrigerators and freezers are working.
 - Wash counters, cutting boards, and utensils often with soap and hot water, especially after preparing poultry or other meats.
 - Wash fresh fruits and vegetables before eating.
 - Cook ground beef until you can no longer see any pink.
4. **Use antibiotics exactly as prescribed.** Take them for the full course prescribed by your doctor. Remember antibiotics only work for illnesses caused by bacteria, not for illnesses caused by viruses like colds or flu. Only take antibiotics that were prescribed for you.
5. **Report to your doctor any quickly worsening infection that does not get better** after you take a prescribed antibiotic.
6. **Be very careful around wild and domestic animals** that are not familiar to you.
 - After any animal bite, clean the skin with soap and water, and seek medical care quickly.
7. **Avoid getting bitten by insects.** Use insect repellents on skin and clothing when in areas where ticks or mosquitoes are common.
 - If you have visited wooded or wilderness areas and are now sick, your doctor needs all details to quickly diagnose both rare and common illnesses.
8. **Avoid unsafe, unprotected sex and injection drug use.**
9. **Stay alert to disease threats when you travel** to or visit undeveloped areas. Get all advised vaccinations, and use prescribed medications, especially when travelling to areas with malaria. Only drink treated water while hiking or camping. If you become ill, tell your doctor the places you've visited.
10. **When sick, allow yourself time to heal and recover.** Wash your hands often, and cover your mouth when you sneeze or cough. Use a tissue or your sleeve: coughing into your hands can spread germs if you don't wash your hands right away.

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