

TIPS TO PREVENT INFECTIONS

STAY INFECTION FREE!

It may seem a daunting task to keep yourself and your loved ones free of infections. Beyond the obvious—steering clear of runny noses and hacking coughs—you may be wondering about some other practical ways of staying infection-free. Your skin acts as a natural barrier against harmful microbes that cause infections, but smart “bugs” have found alternative routes to get into your body and cause infection.

- Wash your hands frequently.
- Don't share personal items.
- Cover your mouth when you cough or sneeze.
- Get vaccinated.
- Use safe cooking practices.
- Practice safe sex.