

# COMMUNICABLE DISEASES



## HOW TO PROPERLY WASH YOUR HANDS

- Use hot or warm running water.
- Lather hands with soap.
- Rub hands together for at least 20 seconds.
- (Singing the Birthday song twice is the equivalent of 20 seconds)
- Wash the back of hands, between fingers, and under fingernails.
- Rinse with warm water.
- Pat hands dry, beginning at the wrist and moving down.
- Turn off water using a paper towel.



## 4 Ways to spread germs

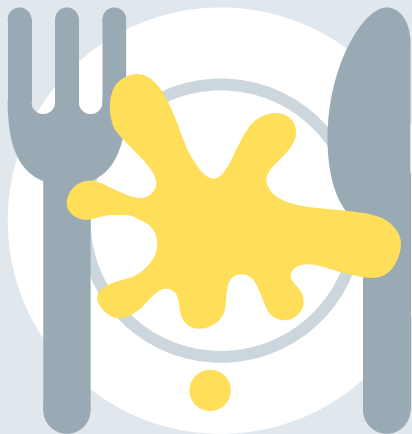
1. Airborne or respiratory route
2. Direct-contact
3. Fecal-oral
4. Blood contact

## INFECTIOUS DISEASE PREVENTION:

- Keep immunizations up to date. Don't forget pets.
- Wash your hands often, especially during cold and flu season.
- Be aware of what you eat and how it's prepared.
- Keep your distance from people who are sick.

## IF YOU HAVE THE FLU OR COLD

- Cover nose and mouth when sneezing or coughing with a tissue.
- Keep hands away from & out of mouth, eyes, and nose.
- Keep your distance from others when sick.
- Wash hands often.
- Get plenty of rest.



## FOOD SAFETY TIPS

- Wash hands for at least 20 seconds before and after handling food; especially raw meat, poultry, or seafood.
- Wash cutting boards, knives and utensils after preparing each food item and before going on to the next.
- Sanitize cutting boards, utensils, and surfaces after washing by using a solution of water and bleach; air dry.
- Use paper towels to clean kitchen surfaces. If using cloth towels, wash them often in the hot cycle of washing machine.
- Refrigerate or freeze leftovers and prepared food within 2 hours.
- Reheat take-out meals and leftovers to a minimum of 165 degrees.
- Eat, freeze, or discard refrigerated leftovers within 3 to 4 days.
- Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat foods.
- Never place cooked food on an unwashed plate that previously held raw meat, poultry, eggs, or seafood.
- Always wash hands after using the bathroom, changing diapers, handling pets, coughing, sneezing or touching hair and clothing.
- Avoid handling food when ill or if you have cuts or sores on our hands.
- Do not wipe your hands on clothing or an apron.
- Clean and sanitize handles on your refrigerator, dishwasher, faucets, drawers, and cabinets.
- Dispose of trash frequently and always wash your hands afterwards.