

Staying Healthy Together

Diseases can spread easily when lots of people are close together. Everyone needs to do their part to prevent the spread of disease. Here's what you can do to keep your upcoming event healthy!

Wash Your Hands

- ◆ Wash well—20 seconds with soap and water.
- ◆ Wash often—especially before eating and after using the bathroom.
- ◆ No soap and water? Use a hand sanitizer made from alcohol. Wash with soap and water as soon as they are available.



1. Wash



2. Soap



3. Scrub 20
Seconds



4. Rinse



5. Dry



6. Use towel
to turn off
faucet



Practice Good Health Manners

- ◆ Cover coughs and sneezes. Use a tissue or your sleeve, not your hands. Wash your hands after blowing your nose (and if you cough or sneeze into your hands).
- ◆ Keep your hands away from your face. Your eyes, nose and mouth can be “doors” for disease-causing germs to enter the body.

Don't Share Germs

- ◆ Don't share food, drinks, plates, utensils or cups.
- ◆ Don't share other things that touch your mouth like lipstick, chap stick, lip balm, straws, lollipops or cigarettes.
- ◆ Don't share personal items like razors, makeup, nail clippers, towels, toothbrushes, combs or hair brushes.

Stay Home When Sick

You'll get the rest and care you need to recover sooner and will not spread disease. Stay home if you have:

- ◆ Diarrhea or vomiting
- ◆ Fever above 100°

Stay home until symptoms have been gone for at least 24 hours.

If you get sick while attending an event, let the person in charge know right away.



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