Safer Healthier Home

An Ounce of Prevention
Keeps the Germs Away

Follow these easy and low-cost steps to stop many infectious diseases.

Clean Your Hands Often

Keeping your hands clean is one of the best ways to keep from getting sick and spreading illnesses.

Routinely Clean and Disinfect Surfaces

Cleaning with soap, water, and scrubbing *removes* dirt and most germs. However, using a disinfectant cleaner *kills* germs, giving even better protection.

Handle and Prepare Food Safely

- Clean hands and surfaces often
- Separate – don't cross-contaminate one food with another
- Cook foods to proper temperatures
- Chill – refrigerate foods promptly

Get Immunized

Getting immunizations is easy, low-cost, and saves lives. Make sure you and your kids get the shots suggested by your doctor.

Use Antibiotics Appropriately

Antibiotics don't work against viruses such as colds and flu. Unnecessary antibiotics can be harmful. Antibiotics should be taken exactly as prescribed by your doctor.

Be Careful with Pets

Pets should be routinely cared for by a vet. Babies and children under age 5 should be watched carefully around pets and animals. Always wash hands after touching animals or animal waste.

Avoid Contact with Wild Animals

Wild animals can carry deadly diseases and pass them to you and your pets. Keep your house free of wild animals by not leaving any food around. Keep garbage cans sealed.

For information about ordering brochures and posters, please visit **www.cdc.gov/ounceofprevention**

Centers for Disease Control and Prevention
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