

Beat the Germs

Different germs make us sick, and germs are everywhere.
Washing your hands is the best way to beat the germs.

How to wash hands?

1. Wet your hands with warm water
2. Use soap
3. Rub the hands together for 20 seconds
4. Rinse for 10 seconds
5. Dry with a clean paper towel
6. Use paper towel to turn off taps and open the door.

Hand drying

- Removes 42% more germs than washing alone
- Use clean paper towels
- No sharing towels
- Dry hands very well

Hand sanitizer – Hand rub

- An alternative to hand washing
- Good against bacterial infection
- Not to use after bowel movement, contact with chemical and hand visibly dirty => Must wash hands with warm running water and soap
- Dangerous if ingested/drunk so to keep away from young children or people with addiction

Germs can make you sick

- Doctor will tell you the type of infection you have
- Doctor can give proper treatment
- This may or may not include medications

Not all germs are the same

- Bacteria and virus can cause infections (colds and influenza(flu))
- Antibiotics only work with bacteria

Take drugs wisely

- Antibiotics do not kill viruses
- Always follow doctor's instructions
- Never take another person's antibiotics

- Finish all your antibiotics to kill the bacteria completely

Understanding Cold & Flu Viruses

	Cold	Flu (Influenza)		Cold	Flu (Influenza)
Fever	No	Yes – usually high	Dripping nose	Yes	Sometimes
Headache	No	Yes – can be severe	Sneezing	Yes	Sometimes
Aches and pains	No	Yes – often severe	Sore throat	Yes	Sometimes
Tiredness	Rare	Yes – may last 2-3 weeks or more	Cough	Yes – mild	Yes – can become severe
Stay in bed	no	Yes – lasts up to 5 or 10 days	Complications	Sinus congestion or earache	Lung infection; death
			Prevention	Frequent hand washing	Annual influenza vaccination and frequent hand washing

Cover your cough and sneeze

- Cover your nose and mouth
- Turn away from people
- Cough into your arm
- Cough into your tissue

Personal hygiene

- Dental: Toothbrush, toothpaste, and floss
- Bath: Shampoo and soap
- Deodorant
- Lotion
- Nails & hairs
- NO PERFUME
- Clean clothing
- Laundry: detergent

Don't spread the germs: when you are sick

1. Stay home
2. Stay away from other people

24/7 health information or questions, call 811. Free and interpretation available in 240+ languages.

<http://DiversityCalgary.ca> for translated health information.