

# how to prevent germs from spreading

Learn how to prevent germs from spreading as best you can to lessen the chances of getting sick or making others ill, whether at home or work this cold and flu season.

## properly disinfect

- Clean First. Use an appropriate cleaner for your surface and wipe with a microfiber cloth.
- Apply a disinfectant to the surface and allow that to sit for the recommended time found on the product label.
- Rinse or wipe the surface to clean away any residue left by the disinfectant.

## Even Cleaning Supplies Need Cleaning!

### clean microfiber

- Soak them in hot soapy water for 2-3 minutes.
- Rinse the cloth in warm water until there's no more soap.
- Lay the cloth flat to dry or pop it in the dryer. Once the cloth has dried, you can use it to clean again.

### clean sponges daily

- Disinfect with a solution of one-quarter to one-half of a teaspoon of concentrated bleach per quart of warm water. Soak the sponge for one minute.

### be mindful of shared items

- Wash communal throws or afghans weekly. Clean bedding daily.
- Don't share bath or hand towels, and make sure toothbrushes aren't coming into contact with one another.
- Additionally, avoid using toothbrush covers as they can actually cause bacteria to grow, according to the Centers for Disease Control and Prevention (CDC).
- Keep tissues around for ill family members.

### teach your children

- CDC recommends scrubbing your hands for 20 seconds. Teach children to time this by having them sing the entirety of the "Happy Birthday" song twice.
- Don't share food or drinks.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth when coughing or sneezing.
- Politely keep your distance from people who are sick.

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