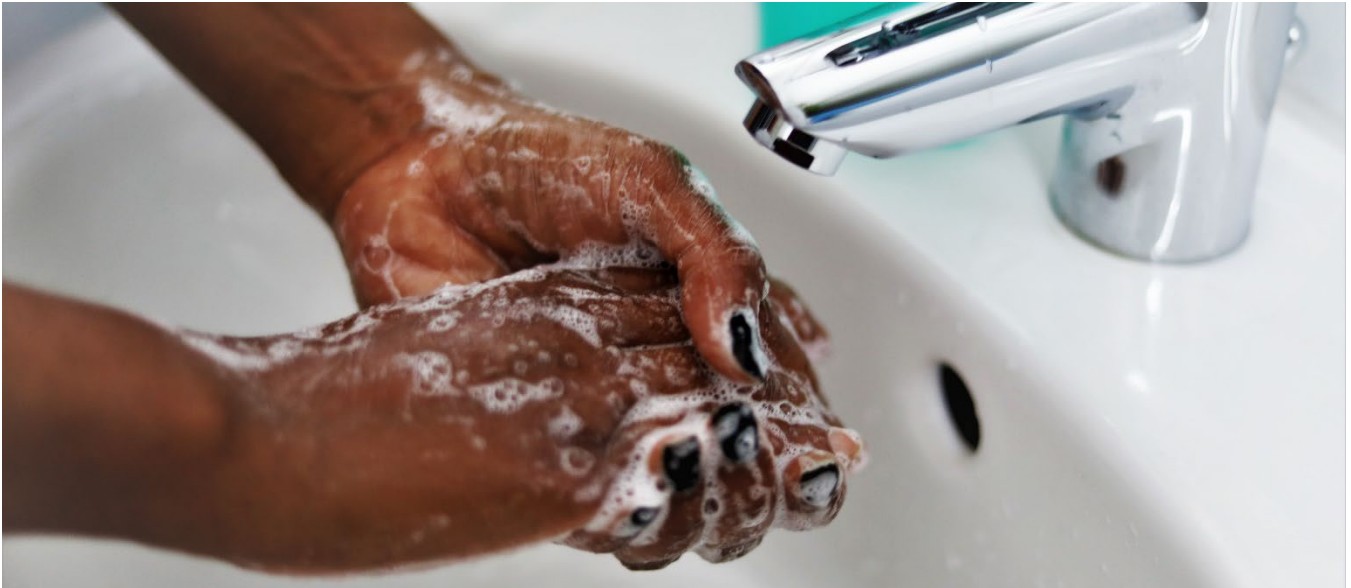


# The Importance of Personal Hygiene



- Good personal hygiene practices are key to maintaining your own good health as well as preventing the spread of harmful germs to others.
- Germs can spread from other people or surfaces when you:
  - Touch your eyes, nose, and mouth with unwashed hands
  - Prepare or eat food and drinks with unwashed hands
  - Touch a contaminated surface or object
  - Blow your nose, cough, or sneeze into hands and then touch other people's hands or common surfaces/objects.
- Covering coughs and sneezes and keeping hands clean can help prevent the spread of serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and COVID-19.
  - Cough or sneeze into a tissue and immediately throw it away and wash your hands with soap and water. If no tissues are available, cough or sneeze into your upper shirt sleeve, completely covering your mouth and nose.
  - If soap and water are not accessible for thorough handwashing, use an alcohol-based hand sanitizer.

**Total** health