

Preventing Colds

The common cold is the primary reason children miss school and adults miss work. While there is no vaccine for the common cold, there are many steps you can take to protect yourself and others.

Help Reduce Your Risk

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay away from people who are sick.

Protect Others

- Stay home while you are sick. If you must leave home, wear a facemask.
- Avoid close contact with others, such as hugging, kissing, or shaking hands.
- Cough and sneeze into a tissue then throw it away, or cough and sneeze into your upper shirt sleeve, completely covering your mouth and nose.
- Wash your hands after coughing, sneezing, or blowing your nose.
- Disinfect frequently touched surfaces and objects, such as toys, doorknobs, and mobile devices.



Total health