

INFECTIOUS DISEASE PREVENTION AT HOME

Keeping you and your family healthy!



Preventing Respiratory Illnesses

- Wash your hands often with soap and water for at least 20 seconds.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands, and avoid touching your face.
- Stay up-to-date on your vaccines!



The yearly flu vaccine and updated COVID-19 vaccines are recommended for everyone 6 months and older. Infants, pregnant people, and adults 60 years and older can get the RSV vaccine to prevent severe symptoms.



Stop the Spread!

- Take care of yourself and your community by staying home if you are sick. If you must go out while sick, wear a mask.
- Talk with your healthcare provider to figure out what tests and treatment may be needed, based on symptoms.

Tips to Avoid Tick & Mosquito-Borne Illnesses

- Wear long sleeves and long pants; tuck your pants into your socks, and wear light colored clothing.
- Use an EPA-registered insect repellent to keep mosquitos and ticks away.
- Avoid grassy, brushy, and wooded areas, especially during dawn and dusk, to prevent mosquito and tick bites.
- Check clothing and skin for ticks carefully during **and** after spending time outdoors.



Tips to Avoid Foodborne Illnesses

- Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs.
- Keep meat, poultry, and seafood refrigerated until ready to cook.
- Refrigerate or freeze within two hours of cooking (one hour if above 90°F outside) and store food in small portions.
- Avoid putting your fingers near your eyes or mouth after touching contaminated surfaces.
- Practice proper hand hygiene, especially when preparing food and before eating.



Talk with a healthcare provider to learn more about how you can keep your family safe from infectious diseases!

