



## PREVENTING AND CONTROLLING *the Spread of Infection*

As much as we try to avoid them, germs are everywhere – being spread by everyone, including you. Keeping your germs to yourself is key to preventing and controlling the spread of infection. Follow these tips for keeping yourself and those around you healthy.



Wash your hands with soap and warm water on a regular basis, especially before eating and after using the bathroom, returning home from public places and visiting someone who is ill.



If you are sick, avoid contact with others.



Maintain healthy personal hygiene habits, including taking daily showers and regularly brushing your teeth. The skin and mouth are important parts of the immune system that are vulnerable to bacteria and disease.



Ask your healthcare provider to wear gloves when treating you.



Stay up-to-date on all vaccinations. Immunizations are the most effective way to prevent infections.

Find more tips by visiting [evolution.net/healthtips](http://evolution.net/healthtips)

