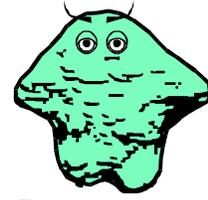# An Ounce of Prevention
Keeps the Germs Away

Many infectious diseases can be prevented by following seven simple and inexpensive steps.

WASH YOUR HANDS OFTEN

Frequent hand washing is one of the best ways to prevent the spread of infectious diseases.

USE ANTIBIOTICS APPROPRIATELY

Antibiotics don't work against viruses such as colds and flu. Unnecessary antibiotics can be harmful. Antibiotics should be taken exactly as prescribed by your health care provider.
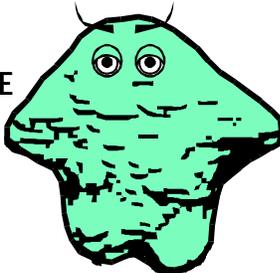
ROUTINELY CLEAN AND DISINFECT SURFACES

Cleaning with soap, water, and scrubbing removes dirt and most germs. However, disinfecting kills germs on surfaces, providing an extra margin of safety.
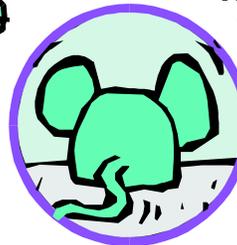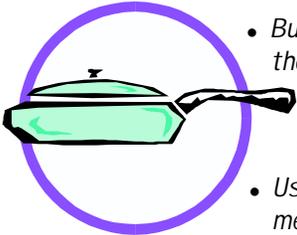
KEEP PETS HEALTHY

Pets should be adopted from an animal shelter or purchased from a reputable pet store or breeder. Pets should be routinely cared for by a veterinarian.

HANDLE AND PREPARE FOOD SAFELY

- *Buy perishable foods at the end of your shopping trip.*
- *Store food properly.*
- *Use care when preparing meals and cook foods well.*
- *Cool and promptly store leftovers.*

AVOID CONTACT WITH WILD ANIMALS

Wild animals can transmit deadly diseases to you and your pets. Keep your house free of wild animals by not leaving any food around and by eliminating possible nesting sites.

GET IMMUNIZED

Getting immunizations is easy, inexpensive, and can save lives. Make sure you and your children get immunizations as recommended by your health care provider.

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

For information about ordering brochures, posters, or videotapes call 1-800-995-9765