

5 STEPS FOR DISEASE PREVENTION



1 AVOID TOUCHING YOUR FACE

Avoid touching your face if you are sick or near someone who is sick.

1

2 WASH YOUR HANDS

Thoroughly wash your hands with soap and water for at least 20 seconds.



3 DISINFECT AREAS

Frequently clean and disinfect common surfaces.

3

4 COVER YOUR COUGH

Cover your mouth and nose when coughing and sneezing with a tissue or your elbow.



5 STAY HOME WHEN YOU ARE SICK

If you require medical attention, call ahead before going to a doctor's office or emergency room.

5

5 PASOS PARA PREVENIR ENFERMEDADES



1 EVITE TOCAR SU ROSTRO

Evite tocar su rostro si está enfermo o si alguien cerca de usted está enfermo.

1

2 LAVE SUS MANOS

Lave bien sus manos con agua y jabón por al menos 20 segundos.



3 DESINFECTE AREAS

Desinfecte con frecuencia areas y superficies de uso común.

3

4 CUBRA SU BOCA AL TOSER

Cubra su boca y nariz al toser y/o estornudar con un pañuelo o con su brazo.



5 PERMANEZCA EN CASA SI ESTÁ ENFERMO

Si requiere atención médica llame antes de acudir a la oficina del médico o a la sala de emergencias.

5



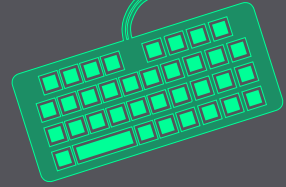
CLEANING & DISINFECTING



CLEAN AND DISINFECT “HIGH-TOUCH” SURFACES

Some examples of “high-touch” surfaces include:

- Tables
- Chairs
- Doorknobs
- Light Switches
- Remotes
- Handles
- Desks
- Keyboards
- Phones
- Tablets
- Toilets
- Sinks



USE HOUSEHOLD CLEANING SPRAYS OR WIPES

Use cleaning sprays and wipes according to the label instructions.



WEAR GLOVES WHEN CLEANING & DISINFECTING

Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each use. Clean hands immediately after gloves are removed.



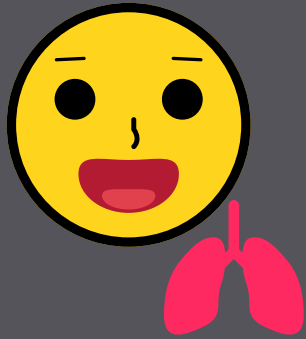
CAMERON COUNTY PUBLIC HEALTH

956-24/7-3650

cameroncounty.us/publichealth



DON'T TOUCH YOUR FACE



The eyes, nose and mouth are an entrance to your respiratory system.



Diseases can spread from your hands to your face by touching it.



People touch their face on average about 12 times per hour.

CAMERON COUNTY PUBLIC HEALTH

956-24/7-3650

cameroncounty.us/publichealth



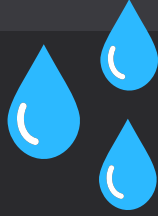


HOW TO WASH YOUR HANDS



DON'T RUSH

According to the World Health Organization, the entire handwashing process should take about 40-60 seconds.



WET YOUR HANDS

You can use either cold or warm water. Warm-to-hot water is best for especially soiled hands.



USE SOAP

Apply enough soap to cover all surfaces of your hands.



RUB HANDS

Put your right palm over the back of your left hand with interlaced fingers (and vice versa). Then rub them again palm-to-palm with fingers interlaced.



KEEP GOING

Rub your hands vigorously for at least 20 seconds. Scrub all surfaces, including the backs of your hands, wrists, and under your fingernails.



RINSE

Rinse your hands with water. Dry them thoroughly with a single-use towel or air dryer.



AVOID RECONTAMINATION

Use a single-use towel to turn off the water faucet (if necessary).

CAMERON COUNTY PUBLIC HEALTH

956-24/7-3650

cameroncounty.us/publichealth



WHAT TO DO IF I'M SICK



Stay home if you are feeling ill.



Drink plenty of water.



Limit your contact with others.



Call a doctor before seeking medical attention.

CAMERON COUNTY PUBLIC HEALTH

956-24/7-3650

cameroncounty.us/publichealth

