



HAMILTON COUNTY PUBLIC HEALTH

PREVENT. PROMOTE. PROTECT.

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NEWS

Stop the Spread of Germs this Cold and Flu Season

HAMILTON COUNTY, OHIO – Healthy habits can protect everyone this cold and flu season from getting germs or spreading germs at home, work or school. The main way that illnesses like colds and flu are spread is from person to person in the respiratory droplets of coughs and sneezes. This is called “droplet spread.”

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface such as a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces such as cafeteria tables, doorknobs and desks. Practicing these good hygiene tips can help you stay healthy all year long.

Cover your mouth and nose

Cover your cough or sneeze with a tissue or your elbow, not your hand. It may prevent those around you from getting sick.

Wash your hands

Washing your hands often – especially after you cough or sneeze – will help protect you from germs. Use soap and warm water, scrub for 20 seconds, rinse and dry with a clean towel.

Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick

If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.

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