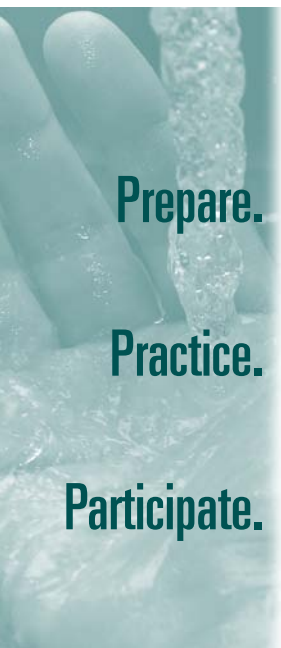


# Healthy Habits

Practicing healthy habits is always a good idea. These habits become especially important during public health emergencies such as an influenza (or “flu”) outbreak in your community.

The following steps limit the spread of germs at home, work and school.

- Wash your hands for at least 20 seconds after using the bathroom, preparing food, eating, coughing, sneezing, nose blowing, taking out the garbage, changing a diaper and caring for the sick.
- Wash hands with soap and water by wetting them, applying soap, making lather and scrubbing, including underneath fingernails. Rinse and dry.
- Try not to touch your eyes, nose and mouth.
- Minimize close contact with sick people.
- When sick stay home from school, work and social gatherings.



**Prepare.**

**Practice.**

**Participate.**

- Cover your mouth and nose with a tissue, or your elbow — not your bare hand — when you cough or sneeze.
- Eat a balanced diet of vegetables, fruits, whole grain products, low-fat dairy products, lean meats, poultry, fish, and beans.
- Don't share personal items, such as towels, lipstick, toys or anything else that might be

contaminated with germs. Don't share food, utensils or beverage containers.

- Clean and sanitize household surfaces using a disinfecting household cleaner, a bleach solution (1 teaspoon of chlorine bleach in 1 quart of water) or rubbing alcohol.



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