

# WAYS TO STAY WELL

## ALL YEAR LONG



### HOW GERMS SPREAD

- A **germ** is a tiny organism that can cause **illnesses**.
- Most germs are **spread** through the air as **droplets** in sneezes and coughs.
- Germs can spread by **touching something** that is contaminated like a door knob or light switch, then touching your **own mouth, nose or eye**.
- Germs can remain on a surfaces for **48 hours!**



### PROTECT YOURSELF AND OTHERS

- Stay home** and put **distance** between yourself and other people if you are sick.
- Avoid close contact** with people who are sick.
- Avoid touching** your eyes, nose, and mouth with unwashed hands.



### CLEAN YOUR HANDS OFTEN

- Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place like school, and after blowing your nose, coughing, or sneezing.
- Carry and use hand sanitizer** for when soap and water are not readily available. Cover all surfaces of your hands and rub them together until they feel dry.
- Wash your hands after **using the bathroom** and **before eating any meal**.



### CLEAN AND DISINFECT

- Clean and disinfect frequently touched surfaces** regularly with antibacterial wipes. This includes tables, doorknobs, light switches, remote controls, desks, phones, and keyboards.
- Think of how often you touch your electronic devices!**
- Help** your teachers and parents and **ask** them to help you!



### COVER COUGHS AND SNEEZES

- Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your **elbow, NOT** your hands.
- Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds or **use a hand sanitizer** for when soap and water are not readily available



### ...AND MOST IMPORTANTLY, STAY HEALTHY

- Keep your immune system strong by **exercising regularly** and getting **enough sleep**.
- Eat a **balanced diet** which contain fruits, vegetables, and whole grains every day
- Drink **plenty of fluids** and avoid drinks high in sugar such as soda and sports drinks.
- Go outside** and get some fresh air!

**Coastal Family Urgent Care**

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