



Wellness Buddy Wednesday Tip

Guidelines for Avoiding Infections

1. Take action against bacterial growth, both on your body and in your surroundings— maintain a cool, well-lit, dry, clean environment.
2. To remove bacteria from skin, use soap and water. To kill bacteria, use antiseptics on skin and disinfectants on surfaces and objects.
3. Obtain medical treatment for deep wounds.
4. Stay current with immunizations to develop necessary immunity before infection sets in.
5. Avoid unnecessary contact with people who are ill.
6. Do not share objects with people who are ill.
7. Wash your hands often throughout the day, especially before eating.
8. Keep away from people who are coughing or sneezing into the air.
9. Select a diet that supports immune system health.
10. Do not drink alcoholic beverages.
11. Exercise regularly.
12. Do not use tobacco.
13. Control stress.
14. Get adequate rest.



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Providing guidance and support to make the "healthy choice the easy choice!"