

# Pandemic Planning

## Establish Healthy Habits Now to Prevent Flu and Other Illness

### Practice Good Health Habits

If you are concerned about the news stories you've heard about a potential influenza pandemic, establishing good health habits now can help your body stay healthy and fight off the flu and other illness.

- Eat a balanced diet including plenty of vegetables, fruits and whole grain products.
- Drink plenty of water and go easy on salt, sugar, alcohol and saturated fat.
- Exercise regularly. Thirty or more minutes of physical activity most days of the week can help boost your immunity.
- Get plenty of rest. Sleep is shown to help your body fight off illness.
- Try not to touch your eyes, nose or mouth. Germs often spread this way.
- Stay away from people who are sick as much as you can. If you must be around ill people, try to maintain a distance of at least three feet.
- If you get sick, stay home from work or school.

### Wash Your Hands

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.

#### Washing with soap and water:

- Wet your hands and clean running water and apply soap. Use warm water if it's available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. This is about the time it takes to sing "Happy Birthday" twice through.
- Rinse Hands well under running water.

- Dry your hands using a paper towel or air dryer. Sharing cloth towels can spread germs. If possible, use a paper towel to turn off the faucet and open the door.

**Remember:** If soap and water are not available, use an alcohol-based sanitizer to clean hands.

#### When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together
- Rub product over all surfaces of hands and fingers until dry.

#### When should you wash your hands?

- Before preparing or eating food.
- After going to the bathroom.
- After changing diapers or cleaning up a child who has gone to the bathroom.
- After blowing your nose, coughing or sneezing.
- After handling an animal or animal waste.
- After handling garbage.
- Before and after treating a cut or wound.

#### Respiratory Etiquette

- Cover your nose and mouth with a tissue when sneezing, coughing or blowing your nose.
- Throw out used tissues in the trash as soon as you can.
- Cough or sneeze into your elbow or upper sleeve if you don't have a tissue.
- If you cough or sneeze into your hand, wash your hands.
- If you are not near soap and water, use an alcohol-based hand sanitizer, rubbing hands until dry.

For more information, contact  
Knox County Health Department  
1361 West Fremont  
Galesburg, IL 61401  
309.344.2224  
[www.knoxcountyhealth.org](http://www.knoxcountyhealth.org)

