

Prevention!

Many diseases can be prevented by following the guidelines in this pamphlet. These diseases include:

- Common Colds that show symptoms of runny nose, sore throat and coughing
- Pneumonias
- Flu's (influenza)
- TB (Tuberculosis)
- SARS that has been found in China

REMEMBER...

1. Virus is the germ that causes most colds or the flu. Over 200 different viruses can cause a cold. *Antibiotics from the doctor do not treat viral infections.*
2. Bacteria is a germ that can cause ear infections, TB, or other throat infections.



RESOURCES

If symptoms of an Upper Respiratory Infection do not go away, call your family doctor or local health care provider.

This pamphlet is presented by:

Stark County Health Department
330-493-9904

www.starkhealth.org

Alliance City Health Department
330-821-7373

www.cityofalliance.com/health

Canton City Health Department
330-489-3231

www.cantonhealth.org

Massillon City Health Department
330-830-1712

www.massillonohio.com/health

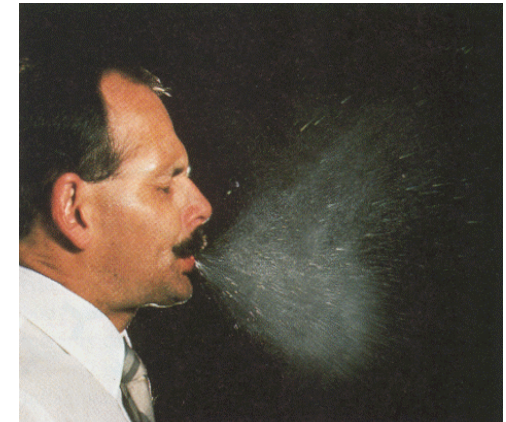
Additional information:

www.cdc.gov



Prevention

Preventing Upper Respiratory Tract Infections



Why sneezing and coughing can be dangerous....

...and ways to prevent:

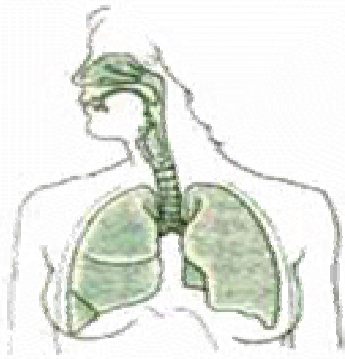
- Common Colds
- Pneumonia
- Flu (influenza)
- Tuberculosis
- SARS

Why YOU?

The upper respiratory system is the most commonly infected area in the body. Upper Respiratory Tract means the upper part of your breathing system that includes:

- ears
- nose
- sinuses
- mouth
- throat

It also includes the main bronchi or windpipes, which are the air-carrying tubes in the chest. This is the first defense that helps to keep germs from causing illness.



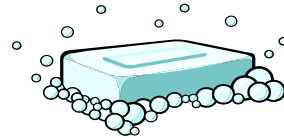
This site becomes infected frequently because it comes into direct contact with the physical environment and is exposed to microorganisms, or germs, in the air. Some germs can be a virus or bacteria.

How Germs Spread

Believe it or not, most germs are spread by sneezing and coughing. The picture on the front shows what goes into the air when a person sneezes or coughs. We can't always see this, but it is there!

Droplets

When someone coughs or sneezes, they send tiny droplets into the air. If that person is sick with a cold, the flu or other illness, they send the germs into the air too. These droplets may contain a virus or bacteria that can cause infections or diseases.



The flu and colds are spread this way and by touching objects that were sneezed or coughed on. If a person is sick, coughs in their hand and touches a doorknob, that doorknob is infected. Others who touch the doorknob may "catch" a cold when they touch their eyes, nose or mouth.

The respiratory tract is the most common site for infection.

Good Hygiene!

Many illnesses are preventable, that is, they can be avoided by simple hygiene.

If you are ill...

- Wash your hands often so you don't spread germs.
- **WASH HANDS FOR 15 SECONDS!!!**
- Always cover your sneezes and coughs with a tissue.
- Try not to get too close to others.
- Don't share cups or food.
- Throw away tissues as soon as they are used.
- Try not to use a handkerchief. It keeps germs re-cycled.
- Kissing spreads germs too!

If someone in your house is ill...

- Make sure they wash hands with soap.
- Make sure they cover coughs and sneezes.
- Try to stay away from those who are sick.

**When a family member has a cold, it is especially important to keep bathrooms and the kitchen clean.*

Washing Hands

- Use warm water
- Wet hands before applying soap
- Rub soapy hands together for at least 15 seconds (*count to 15 slowly*)
- Rinse well to remove soap
- Turn off water with paper towel
- Dry with clean towel or air-dryer

**When you can't wash your hands, use alcohol based hand sanitizer such as Purell.*