



Prevention Tips for you and your Family

These following simple habits can help minimize the spread of germs. The Los Angeles County Department of Public Health encourages you to practice them at home at all times, not just in the event of a health emergency.

Improve Health Habits:

- **The single most important way to stay healthy and prevent the spread of germs is through frequent hand washing,**
 - Hand washing should be done: after blowing your nose, coughing, or sneezing; after using the bathroom; after changing a diaper; after being near someone who is ill; after touching items handled by many people; after using public restrooms; and after handling garbage.
 - If you cough or sneeze: cough into your sleeve or use a disposable tissue. Do not cough into your hands.
- **Teach your children to wash their hands properly and frequently.** To get kids into the habit, teach by example. Wash your hands with your children and supervise their hand washing.
 - ***Make sure your children do not rush their hand washing. Tell them to wash their hands for as long as it takes them to sing their ABCs, or "Row, Row, Row Your Boat" or the "Happy Birthday" song two times.***
- **Keep your telephones, iPod/MP3 players, computers, keyboards, remote controls and other frequently touched machines clean.**

Stock Up:

- **Having extra supplies on hand will make it easier to stay at home for extended periods of time and will help if an emergency makes getting supplies difficult.**
 - The U.S. Department of Health and Human Services recommends having a 2-week supply of nonperishable foods, bottled water, over-the-counter drugs, prescription medications, health supplies and other necessities. ***Stocking up can take place over time and can be useful in other types of emergencies, such as earthquakes and power outages.***

Plan Ahead:

- **Complete a Family Disaster Plan.** Individuals should plan for what they will do if children are dismissed from school, if public transportation is interrupted, and/or if a family member becomes sick and needs care in a health emergency.
 - Develop your Family Disaster Plan and learn how to build a Disaster Supplies Kit on the "Prepare at Home" section of the American Red Cross website at www.redcross.org or CALL the American Red Cross of Greater Los Angeles at (310) 445-9900 for a FREE brochure and checklist.

Educating yourself now can help keep you and your family safe during a public health or other emergency.

For additional health questions, please call 211 or visit
www.lapublichealth.org