

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



World Health
Organization

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are dirty
- after handling animals or animal waste



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Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



An alcohol-based handrub is listed as a **WHO essential medicine**

Clean hands protect patients,
health workers, other caregivers
and everyone from infection.
Cleaning your hands is one of the
key measures to prevent disease.



5 Tips Why Immunize?



Moms-to-Be

Vaccines can protect moms-to-be and their babies by creating protective antibodies that are then passed on to baby before birth



Infants/Toddlers

Vaccines are important and recommended to protect against serious and sometimes deadly diseases

Ask pediatrician if your child is protected from the 14 vaccine-preventable diseases



School-age Children & Teens

As Children grow, vaccines begin to lose effectiveness. Ask pediatrician if child is current with "boosters" and age appropriate vaccines



Young Adults to Senior

As a person gets older, immunizations begin to wear off over time placing adults at risk for vaccine preventable diseases due to age, lifestyle, travel, or health conditions.

Talk to your physician(s) regarding up-to-date vaccines and any additional needed for certain health conditions



Did you know?

August is National Immunization Awareness Month

Immunization are one of the most effective ways to protect children and adults against many common infectious diseases. Talk to your doctor TODAY to see if you are immunized.

#VACCINESWORK TO PROTECT INDIVIDUALS AND COMMUNITIES

Immunization is our shield against serious diseases

When immunization rates are high, the wider community is protected including:

Older adults at risk of serious diseases.

infants who are too young to receive their vaccines



People who take medication that lowers their immune systems.

Check with your doctor that you are fully vaccinated.

Viruses or Bacteria

What's got you sick?

Antibiotics are often prescribed when they are not needed for respiratory infections. Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Respiratory Infections	Common Cause			Are Antibiotics Needed?
	Virus	Virus or Bacteria	Bacteria	
Common cold/runny nose	✓			No
Sore throat (except strep)	✓			No
COVID-19	✓			No
Flu	✓			No
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Middle ear infection		✓		Maybe
Sinus infection		✓		Maybe
Strep throat			✓	Yes
Whooping cough			✓	Yes

* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help patients feel better.



To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.



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