

Respiratory Infections

What precautions can people take to reduce the risk of acquiring or transmitting Respiratory Infections?

- Wash hands often with soap and water for 20 seconds, especially after changing diapers.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Avoid hugging and sharing cups or eating utensils with people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home when feeling sick and consult your health care provider.

**The Washington County Health Department is providing a hand washing program at the school by going into each classroom and teaching kids how to properly wash their hands.