



Colds: 10 Ways to Stop the Spread

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

- ☞ Wash your hands a lot.
- ☞ Don't share cups.
- ☞ Use tissues when you blow your nose, then throw them away.
- ☞ Keep your hands away from your eyes, nose and mouth.
- ☞ Use disposable paper towels in the kitchen, not cloth ones.
- ☞ Wash your children's toys once a week.
- ☞ Cover your mouth with a tissue or your arm when you sneeze.
- ☞ Open your windows when the weather is decent. Consider buying a humidifier.
- ☞ Frequently clean doorknobs, light switches, telephones and counter tops.
- ☞ Don't let anyone smoke in your house.

www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx



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