

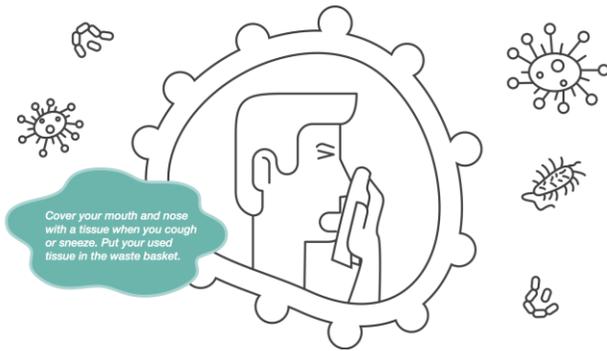
This Holiday Season, Don't be a Germ Re-gifter

By the Water Quality & Health Council

As you gather with family and friends to mark the holidays, beware the coughing, sneezing person who should have stayed home. This person is a re-gifter, not of an unappetizing fruit cake, but of germs that can hardly wait to make you sick.

COVER YOUR COUGH

Stop the spread of germs that can make you and others sick!



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Germs survive by re-gifting, propelled by guest "A" through the air in an uncovered cough to be inhaled by guest "B" in her next breath. Now "B" is infected and soon will be culturing her own army of germs to be re-gifted by coughing and sneezing.

The downloadable poster at left, based on messages from the [US Centers for Disease Control and Prevention](#), offers practical tips for curtailing the spread of germs to others. It reminds everyone to cover their cough or sneeze with a tissue or by blocking the cough with their sleeve.

These responses to coughing and sneezing are preferable to using hands to cover a cough. After all, it is our hands that reach into the bowl of chips and touch all the serving spoons in the buffet line.

Disinfecting frequently touched surfaces such as door knobs and hand rails with a simple chlorine solution goes a long way to blocking the spread of germs from surfaces to hands. And speaking of hands, don't miss the hand-washing tip on the poster: It's still the single most important strategy we have for preventing the spread of germs.

Healthy habits are best instilled at a young age. Help raise a new generation of children who act to prevent germ re-gifting! Download the poster to give to the children in your life for coloring.

How to Mix a Flu Germ-Busting Solution

1 gallon of water

1 tablespoon of regular strength bleach or 2 teaspoons of high strength bleach

- 1. Clean surface with detergent and water.*
- 2. Sanitize using the bleach solution.*
- 3. Let air dry.*

Healthy Holidays to You and Yours!