

## MONTGOMERY COUNTY HEALTH DEPARTMENT

### *Everyday Prevention Measures to Reduce the Spread of Illness*

#### What are everyday preventive actions to stay well?

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.
- Follow public health advice during an outbreak. Public health officials can make recommendations about evaluation, testing and treatment.



#### What additional steps can I take to reduce the spread of germs that can cause illness?

1. Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
2. Make sure you have an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
3. If you begin to feel sick while at work or school, go home as soon as possible. Remain at home for at least 24 – 48 after symptoms resolve.
4. Seek care through your healthcare provider as needed for medical care.

*Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection.*

Montgomery County Health Department  
1430 DeKalb Street, PO Box 311  
Norristown, PA 19404-0311  
Phone: 610-278-5117  
Fax: 610-278-5167  
Email: [PublicHealth@montcopa.org](mailto:PublicHealth@montcopa.org)



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