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What Can I Do to Protect Myself From Getting Sick?

Major world health organizations, including the CDC, recommend practicing good hygiene, which includes hand-washing with soap and water or using an alcohol-based hand sanitizer, to help prevent the spread of germs. Follow these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, cover with your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective; however wash your hands with soap and water whenever possible.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home until your fever is gone for 24 hours (without being on fever reducing medicines). This is to keep from infecting others and spreading the virus further.
- Other recommendations include a general, good hygiene approach:
 - Maintain a clean environment by cleaning frequently touched surfaces.
 - Avoid sharing food and drink.