

Disease Prevention Checklist

Health screenings, vaccines, and guarding yourself from germs and bugs can help keep you feeling your best. Here are tips to help you better prevent diseases:



GUARD AGAINST GERMS

For nearly a century, bacteria-fighting drugs known as antibiotics have helped to control and destroy many of the harmful bacteria that can make us sick. But these drugs don't work at all against viruses, such as those that cause colds or flu. Learn how to protect yourself against germs in the environment.

TO BLOCK HARMFUL GERMS:

- Maintain a healthy lifestyle, including proper diet and exercise. This can help prevent illnesses.
- Get all recommended vaccinations. To learn more, visit www.cdc.gov/vaccines/schedules.
- Cover your nose and mouth with a tissue or your elbow when you cough or sneeze. Throw out used tissues.
- Wash your hands with soap and water regularly. Use hand sanitizer if soap and water are not available.
- Avoid close contact with people who are sick. Stay home when you're sick to keep from infecting others.
- Don't pressure your doctor to prescribe an antibiotic or take antibiotics prescribed for someone else.
- Take prescribed antibiotics exactly as instructed. Don't share them with others or save them for future use. Overuse and misuse of antibiotics can create drug-resistant bacteria.