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:

☐ Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.

☐ If you're sick, make sure your doctor has a clear understanding of your symptoms. Discuss whether an antibiotic or a different type of treatment is appropriate for your illness.

☐ If antibiotics are needed, take the full course exactly as directed. Don't save the medicine for a future illness, and don't share with others.

☐ Maintain a healthy lifestyle—including proper diet, exercise, and good hygiene—to help prevent illness, thereby helping to prevent the overuse or misuse of medications.