TO PROTECT GOOD MICROBES:

☐ Don’t pressure your doctor to give you antibiotics. They may cause more harm than good.

☐ Know when to wash your hands—for example, when preparing food and before eating.

☐ Don’t use antibacterial products you don’t need. Antibacterial soaps have little or no health benefit. And antibacterial versions of household products have not been shown to reduce your risk of infection.

☐ Don’t go overboard with hand sanitizers. They’re useful in health care settings, but hand washing is a better option in most situations.

☐ Experiment with different skin moisturizers to see which work best for you.