

## Fact Sheet

# DISEASES

## How to Prevent the Spread of Infectious Disease



www.scchealth.co | [f/scchdmi](https://www.facebook.com/scchdmi) | [t/@scchdmi](https://twitter.com/scchdmi)

Infectious agents can enter the body through:

- Skin contact or injuries
- Inhalation of airborne germs
- Ingestion of contaminated food or water
- Tick or mosquito bites
- Sexual contact



Follow these tips to decrease the risk of infection:

- **Wash hands.** This is especially important before and after preparing food, before eating, and after using the toilet. Try not to touch the eyes nose or mouth with hands, as that is a common way germs enter the body.
- **Get vaccinated.** Immunization can drastically reduce the chance of contracting many diseases. Make sure to keep up to date on recommended vaccinations.
- **Stay home.** Don't go to work if vomiting, have diarrhea or are running a fever. Do not send children to school if he or she has these signs or symptoms.
- **Prepare food safely.** Keep counters and other kitchen surfaces clean when preparing meals. Cook foods to the proper temperature using a food thermometer to check for doneness. For ground meats, that means at least **160° F (71° C)**, for poultry, **165° F (74° C)**, and for most other meat, at least **145° F (63° C)**. In addition, promptly refrigerate leftovers. Do not let cooked foods remain at room temperature for extended periods of time.
- **Practice safe sex.** Always use condoms if a person or partner has a history of sexually transmitted infections or high-risk behavior.
- **Don't share personal items.** Do not share a toothbrush, comb, or razor. Avoid sharing drinking glasses or dining utensils.
- **Travel wisely.** If traveling out of the country, talk to a health care provider about any special vaccinations needed.



**For more sources of information on this topic visit:**

ST. CLAIR COUNTY HEALTH DEPARTMENT [www.scchealth.co](http://www.scchealth.co)

THE MAYO CLINIC [www.mayoclinic.org](http://www.mayoclinic.org)

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

CENTERS FOR DISEASE CONTROL AND PREVENTION [www.cdc.gov](http://www.cdc.gov)