

## Tis' the Season to... Wash Hands!

While seasonal vaccines remain the best way to prevent and/or reduce severity of Influenza, COVID, and RSV, getting back to basic prevention measures is a great way to keep yourself and our community healthy. These include:

- Washing hands with soap and water frequently for at least 20 seconds, or when not available using hand sanitizer.
- Avoid touching your face when in public spaces.
- Frequently sanitizing high touch spaces in your home (counters, door knobs, television remotes, light switches, etc).
- Improve the air quality in your home; this can be done through filters or opening windows to bring fresh air.
- Practice good habits such as getting plenty of sleep, eating a balanced diet, and drinking plenty of water.
- Stay home when you are sick, especially if you have a fever.
- If you must go out when ill, be sure to cover your nose and mouth when coughing or sneezing and wash your hands frequently.

These basic prevention measures are a key part of staying healthy and avoiding spreading illness this cold and flu season. If you have any questions about vaccines that may be appropriate for you, speak with a trusted medical provider. Together we can work towards a healthy holiday season.

<https://www.michiganmedicine.org/health-lab-podcast/experts-still-urge-fall-vaccinations-flu-covid>

<https://www.michigan.gov/flu/basics>

<https://www.cdc.gov/flu/prevention/actions-prevent-flu.html>

<https://www.aafp.org/family-physician/patient-care/prevention-wellness/immunizations-vaccines.html>