

Health Hints

Clean Hands Can Help Prevent Infection

(NAPSA)—Concerns about the recent outbreaks of a new influenza virus—H1N1 Flu (Swine Flu)—have raised questions about effective ways to reduce the risk of flu infection.

According to the Centers for Disease Control and Prevention (CDC), there are simple precautions—such as washing hands—that can help reduce that risk.

CDC has reported that the spread of H1N1 influenza A (swine) virus is thought to be happening in the same way that seasonal flu spreads.

Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

There are several simple precautions CDC recommends everyone practice in order to stay healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home from work or school if you get sick and limit contact with others to keep from infecting them.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-



An antiseptic skin cleaner can help you keep flu germs from your family.

based hand cleansers are also effective.

Education is a critical component of managing the risk of flu transmission. All members of the family should be educated on simple methods to limit the spread of potential infection in their household. Using an antiseptic product like Betadine® Skin Cleanser is one example. Povidone-iodine, the active ingredient in Betadine® Surgical Scrub and Skin Cleanser products, can help reduce germs on the skin that can potentially cause infections. Betadine products are for external use only and should not be used for longer than one week unless directed by your doctor.

To learn more about Betadine® antiseptic products, you can visit www.betadine.com.