

UT Extension Family and Consumer Sciences is the University of Tennessee at work in your community, using research-based education to help you gain knowledge and develop confidence in making good decisions today and tomorrow.

FAMILY

- Be a better parent.
- Improve relationships.
- Understand how a child grows.

FOOD

- Make healthy choices.
- Can, freeze and dry food.
- Handle food safely.

HEALTH

- Prevent disease.
- Control diseases.
- Be active.

HOME

- Save energy.
- Prepare for emergencies.
- Make homes healthy.

MONEY

- Make savings a habit.
- Manage in tough times.
- Spend responsibly and avoid debt.

For more information:
Breaking the Chain of Infection in Early Care and Education Epa.gov/sites/production/files/201308/documents/breaking_the_chain_of_infection_8.2.pdf

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.



Break the Chain of Infection

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE



the spread of germs from one person to another!

Certain times of the year we become more aware of the spread of infections, such as cold and flu. However, any time is right to develop healthy habits that can help prevent the spread of illness.



1. Wash hands with soap and water. It's the best way to remove dirt and germs.
2. Dry hands completely. Damp hands pick up and transfer more germs than dry hands.

3. Use alcohol-based hand rubs when soap and water are not available. This is a good way to remove germs, but not so good at removing dirt.
4. Many germs travel through droplets from a cough or sneeze. To prevent the spread of these germs, cough or sneeze in your inner elbow.



5. If you use a tissue, put it in the trash immediately and wash your hands with soap and water.
6. Regular cleaning with detergent and water will remove germs from surfaces that are touched regularly (door knobs, counter tops, faucets, sinks, etc.).
7. If a child is sick, care for her or him at home.