

Other Resources

National Center for Infectious
Diseases

www.cdc.gov/ncidod



Infectious Disease Society of
America

www.idsociety.org

National Foundation for
Infectious Diseases

www.nfid.org



Sheboygan County Division of Public Health

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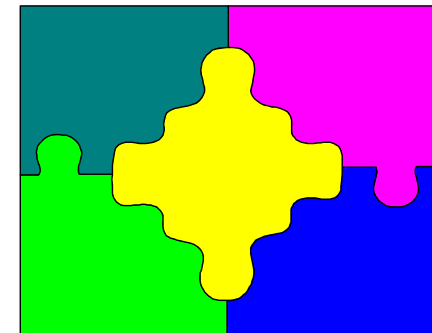
Web: [http://www.co.sheboygan.wi.us/html/
d_hhs_pbch1th.html](http://www.co.sheboygan.wi.us/html/d_hhs_pbch1th.html)

Sheboygan County Division of Public Health

Mission:

*To promote conditions in
Sheboygan County in which
people can be healthy.*

Putting the Pieces Together: 10 Things to Do to Prevent Infectious Disease





Top 10 Checklist

1. Keep immunizations up to date. Follow recommended immunizations for children and adults. For more information call your immunization provider. Don't forget your pets' immunizations, too!
2. Wash hands often, especially during cold and flu season. Be sure to wash hands:
 - ⇒ After using the bathroom
 - ⇒ Before preparing or eating food
 - ⇒ After changing a diaper
 - ⇒ After blowing your nose, sneezing or coughing
 - ⇒ Before and after caring for a sick person
3. Be aware of what you eat and be careful how you prepare it.
 - ⇒ Keep hot food hot and cold food cold until eaten or cooked
 - ⇒ Be sure temperature controls in refrigerators and freezers are working properly
 - ⇒ Wash surfaces with soap and hot water, especially after preparing poultry or other meats
 - ⇒ Wash fruits and veggies
 - ⇒ Cook ground beef until it is no longer pink.
4. Use antibiotics exactly as prescribed. Take them for the full course prescribed by your doctor, but not for cold or other nonbacterial illnesses. Never self medicate with antibiotics or share them with family or friends.
5. Report to your doctor any quickly worsening infection or any infection that does not get better after your take prescribed medicine.
6. Be cautious around all wild animals and domestic animals that are not familiar to you. After a bite, immediately wash area with soap and water and seek medical care.
7. Avoid areas of insect infestation. Use insect repellants and if you become sick after visiting a wooded or wilderness area inform your doctor.
8. Avoid unsafe, unprotected sex and injection drug use.
9. Stay alert to disease threats when you travel or visit other areas. Call a travel nurse at Public Health for more information.
10. When sick, allow yourself time to heal and recover.