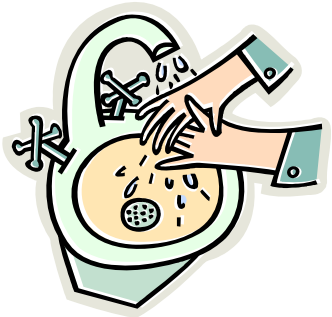
It’s that time of year again…



Several viruses and other illnesses can cause vomiting and diarrhea.

Remember the following tips to prevent spreading illness to your family friends and coworkers!

•Marion County Public Health recommends Hand washing with soap and water as the single most effective way to prevent the spread of disease! Alcohol based hand gels or hand sanitizers should only be used in situations where soap and warm water may not be available.

•Wash all surfaces, including wrists, palms, backs of hands, between fingers, and as much as possible under fingernails, by rubbing vigorously.

• Wash hands after using the toilet.

• Wash hands before eating.

• Refrain from making food for others if you are ill or have been ill within the last 3 days.

• Stay home if you are sick, you should remain at home until 24 hours after diarrhea and/or vomiting cease, or until stools are formed.

• Promptly clean and disinfect any surfaces that become soiled with vomit or diarrhea.

***Remember**, it only takes 15 seconds to wash your hands thoroughly with soap and water, or the amount of time it takes to sing the ABC song!*

If you have any questions at all or would like to speak to someone at the Public Health Department, call 641-828-2238.