

To Your Health



Clean Hands & Outdoor Events

Being outside and enjoying outdoor events is fun. The world is a wonderful place to touch, to explore, and to play in.

However, we all have to take care to prevent fun times from possibly making us sick. Germs that cause illness are invisible and hide in lots of places, but there are steps you can take to keep sickness away.

Here are some easy reminders to keep your fun day a healthy one!



Handwashing with soap and running water is the best way to stay healthy!

Washing hands is very important after using the bathroom, but there are other times that are just as essential:



• Always Wash Hands:

- ✓ After touching animals, their fences / cages or their living area
- ✓ After leaving the animal area / exhibit
- ✓ After picking up animal waste

• Always Wash Hands:

- ✓ After handling sand or dirt
- ✓ After playing in oceans, ponds, lakes
- ✓ After picking or handling fresh fruits and vegetables



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Public Health
Prevent. Promote. Protect.

is a Health Education series from the Somerset County Department of Health. For information on additional health topics, please visit us at www.co.somerset.nj.us/health

• Always Wash Hands:

- ✓ After taking off dirty clothes or shoes
- ✓ After changing a diaper
- ✓ Before preparing or opening foods
- ✓ Before eating or drinking
- ✓ Before and after applying band-aids



Washing hands with soap and water helps reduce diarrhea, prevents people getting sick from food, and reduces your odds of catching a cold.

If soap and water are not readily available, use hand sanitizer until you are able to wash your hands thoroughly with soap and water. Remember, hand sanitizers **do not** get rid of all types of germs. Also, **hand sanitizers are not effective when hands are visibly dirty.**



A few more tips:

- ✓ Germs are often spread when people touch something that is contaminated and then touch their eyes, nose or mouth.
- ✓ Never eat, drink, or put bottles, pacifiers or other objects in your mouth while in animal areas.
- ✓ And don't take food or drink into animal areas.
- ✓ Young children, pregnant women, people 65 and older and people with weakened immune systems should be extra careful around animals.

Looking for more information? Contact **Somerset County Department of Health** at 908-231-7155 or visit the Centers for Disease Control and Prevention at www.cdc.gov/healthypets

