

Is there something going around?

Yes, hand hygiene.

Have you heard a lot of sniffing, coughing and sneezing lately? That's the sound of impending misery – going to class sick, missing your favorite campus activities, and simply feeling lousy. It's also a loud-and-clear signal that this is the time of year to take extra health precautions.

One study found 36% of students said illness affected their academic performance.¹ The Centers for Disease Control and Prevention and other health experts have some tips for staying healthy: Cover your mouth and nose with a tissue when you cough or sneeze. Use your upper arm if you don't have a tissue.

- Get plenty of rest.
- Don't share food, cups/glasses, dishes, utensils.
- Clean your hands often. Wash them with soap and water. If they aren't available, use an alcohol-based hand sanitizer.

Because experts agree that most germs that may cause illness are transmitted by hands, it's critical to wash or sanitize frequently during these times:

- Before you snack or eat meals
- After using the restroom
- After sharing electronics (computers, game controllers, phones, MP3 players)
- When you cough, sneeze or blow your nose
- Before you enter a classroom (so your not tracking germs in)
- Before you head back home (don't take germs with you!).

**Some simple precautions can help you miss out on germs and illness – instead of life.
Keep your hands clean.**

Is there time to be sick on your schedule this semester?

Class at 9. Lab at 3. Intramurals at 4. Study group at 7. Aren't you too busy to be sick? Think how much you miss when you miss a day. One study found 36% of students said illness affected their academic performance.¹

The solution? Proper hand hygiene. According to the Centers for Disease Control and Prevention, it's one of the most important steps in preventing illness and stopping the spread of germs to others.

Wash your hands regularly with soap and water. When they aren't available, use instant hand sanitizer, like PURELL®. Look for dispensers conveniently located around campus.

Remember hand hygiene when you cough, sneeze or use the restroom. But don't forget all the other places you can pick up germs: computer keyboards, game controllers, shared books or the hands of a sick friend. That means you want to be sure to clean up before meals, before and after class, and any time your hands may be dirty.

Get a healthy start on the new semester. Keep your hands clean.

1. American College Health Association. National College Health Assessment: Reference Group Executive Summary Spring 2006. Baltimore: American College Health Association; 2006

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Take a Spring Break

from germs.

Swimsuit? Check. Sunblock? Check. Sniffles? Check.

Get sick, and Spring Break could be a spring bust. Proper hand hygiene can make a difference. The Centers for Disease Control and Prevention says hand hygiene is one of the most important steps in preventing illness and stopping the spread of germs to others. Their recommendation? Wash your hands regularly with soap and water or use an instant hand sanitizer.

You know the where and when – after sneezing, coughing or using the restroom. Remember to clean up before you snack or eat, too. And don't forget to fight the germs you can pick up from shared objects, from library books to classroom desks.

When you pack your bags for Break, do your best to leave the germs behind. Make hand hygiene part of your itinerary. Keep your hands clean.

Don't look now, there's a germ following you.

Ever feel like germs are out to get you? You miss classes or go feeling crummy? One study found 36% of students said illness affected their academic performance.¹ That doesn't include the campus activities you miss on a sick day.

Here's how germs sneak up on you. They hitchhike on people's hands to surfaces across the campus. John sneezes into his hand and forgets to wash up. When he uses the computer in the chem lab, he spreads the germs to the keyboard. Students in the next three classes pick them up and drop off a few on the classroom doorknob, three library books and a friend's cell phone. With a touch they get a ride to a fitness center locker, a dorm room microwave and the drink machine in the dining hall.

Sound sick? Stop it! The Centers for Disease Control and Prevention states that one of the most important steps in stopping the spread of germs that can cause illness is hand hygiene. That means washing your hands regularly with soap and water. When water isn't available, use an instant hand sanitizer, like PURELL®.

Get germs off your trail – by getting them off your hands. Keep your hands clean.

1. American College Health Association. National College Health Assessment: Reference Group Executive Summary Spring 2006. Baltimore: American College Health Association; 2006

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