

How to reduce the spread of infectious diseases at home



Families with small children get sick a lot. The bodies of young children can't fight germs as well as adult bodies can. Young children also haven't learned about hand washing and other practices that help prevent infectious diseases. Some infectious diseases, like the common cold, are hard to avoid. Young children get 8 to 10 colds a year. This is normal.

You can reduce the spread of some infectious diseases in your family by taking these steps:

- 1 Wash your hands!** This is one of the most important things you can do. It's especially important to wash your hands:

 - after you use the bathroom. Children often need help remembering this, and they need help doing it properly.
 - before and after you cook your food (especially raw meat and poultry) and before you eat.
 - after you clean the house.
 - after you touch animals, including family pets, or their food, feeders or waste.
 - before and after you visit or take care of any sick friends or relatives.
 - after you blow your nose, or sneeze or cough into your hands (or you help a child do that).
 - after changing a diaper.
 - after you work or play outside.
 - when they look sick.
 - more often when there is widespread infectious disease in your community.
- 2 Sneeze or cough into a tissue or into your elbow, not your hand.** When you sneeze in your hand and then touch a surface, like a door knob, you leave your germs there for someone else to pick up. When they touch their eyes or nose with their hand, they can get infected by the germs on their fingers.


- 3 Wear a mask.** During periods of wide community spread of infectious diseases, public health officials may recommend that everyone, including children, wear masks. The practice of mask wearing has been shown to significantly reduce the spread of respiratory diseases like COVID-19. Children as young as two can be taught to wear a mask.


- 4 Clean surfaces that people touch a lot with a high quality microfiber cloth and a third party cleaner.** These are cleaners that are safer. Products certified by the [EPA's Safer Choice](#) and [Green Seal](#) (see Assessment) can be found in grocery stores. Look for their logo on the container label. In hospitals, microfiber has been shown to work almost as well as a disinfectant when used with a cleaning product. Microfiber absorbs germs and dirt better than cotton.
- 5 Buy color-coded microfiber cloths to clean your home.** Use one color for the bathroom and another for the kitchen. This way you won't transfer germs from one area to another. Start cleaning higher areas like sinks then lower areas like tables. Follow manufacturer's instructions for laundering microfiber. This will keep microfiber working well.
- 6 Use microfiber and an all-purpose cleaner instead of disinfectants.** Many disinfectants contain chemicals that are harmful to your family's health and to the environment. Using high quality microfiber and a third-party certified household cleaner reduces germs on surfaces very effectively and is much safer. If you have an infectious disease going through your house and you still want to disinfect, use a safer disinfectant. A list of safer products can be found [here](#).