Good Hygiene Practices - Reducing the Spread of Infections and Viruses

The most important way to reduce the spread of infections is hand washing - always wash regularly with soap and water. Also important is to get a vaccine for those infections and viruses that have one, when available.

**Other Ways you can reduce or slow the spread of infections include:**

1. Get the appropriate vaccine.
2. Wash your hands frequently.
3. Stay home if you are sick (so you do not spread the illness to other people).
4. Use a tissue, or cough and sneeze into your arm, not your hand. ...
5. Use single-use tissues.

Additional measures may be required to minimize the virus from transmitting by hard surfaces (sinks, door and cupboard handles, railings, objects, counters, etc.). The length of time a virus survives on hard surfaces depends on the type of virus. The [Centers for Disease Control and Prevention](http://www.cdc.gov/flu/school/cleaning.htm) in the United States indicates that "Most studies have shown that the flu virus can live and potentially infect a person for only 2 to 8 hours after being deposited on a surface." Other estimates range up to 24 and 48 hours.

In most workplaces and homes, cleaning floors, walls, doorknobs, etc. with regular disinfectants or soap and water is very adequate. In some workplaces, such as a hospital or health care facility, specific cleaning and disinfection steps are often required.