

## Colds (Respiratory viruses) and Flu Season

The following recommendations have been made from the Department of Public Health:

Q: How can I protect myself?

A: You can help protect yourself from respiratory illnesses by [following these steps](#):

- Wash hands often with soap and water for 20 seconds, especially after changing diapers. Use of hand sanitizers is less effective than soap and water.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Since people with asthma are higher risk for respiratory illnesses, they should regularly take medicines and maintain control of their illness during this time. They should also take advantage of influenza vaccine since people with asthma have a difficult time with respiratory illnesses. Asthma can also be controlled by avoiding the triggers that can cause an attack, such as tobacco smoke.

Everyone should check with their primary care provider for guidance in receiving the flu vaccine.

For information specifically concerning EV-D68 please reference the CDC website at

<http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>