

As we step into the colder months, let's stay healthy together.

In this edition we will focus on key practices to protect your health and reduce the risk of illness.

Starting with the simplest but most effective: **hand washing**.

Hand Washing is your Best Friend

Did you know that most cold and flu viruses spread through contact with contaminated surfaces?

Viruses can survive for hours on objects like:

- Doorknobs
- Key pads
- Phones
- Grocery carts
- Light switches
- Countertops
- Remote controls
- Railings
- And lots of other places

Avoid touching your face before washing your hands. Regular and proper hand washing can significantly reduce infection risk.

When living with breathing issues, catching a cold or the flu can lead to complications such as:

- Pneumonia
- Bronchitis

This is why good hygiene habits like handwashing are crucial.

Hand Washing 101: A Simple Routine

Here's how to ensure you're washing your hands the right way:

1. **Wet** your hands with clean, running water (warm or cold).
2. **Apply soap** and lather by rubbing your hands together.
3. **Scrub all surfaces** of your hands for at least 20 seconds: back of hands, between fingers, and under nails. *(Pro tip: Sing the Happy Birthday song twice.)*
4. **Rinse** your hands thoroughly under clean running water.
5. **Dry** your hands using a clean towel or air dryer.



When to Wash Your Hands

To prevent the spread of germs, be sure to wash your hands:

- Before eating or preparing food.
- After coughing, sneezing, or blowing your nose.
- After using the bathroom.
- After touching common surfaces in public places such as: door handles, and elevator buttons.
- After caring for someone sick.

What If You Can't Wash Your Hands?

When soap and water are not available, alcohol-based hand sanitizer is a good alternative. However, make sure to wash with soap and water when you can, even after using hand sanitizer.

Additional Tips for Cold and Flu Prevention

- **Get vaccinated:** Annual Flu vaccines are highly recommended.
 - Talk with your doctor or pharmacist about what's right for you.
 - High dose flu vaccines are recommended for people over 65 years old.
- **Avoid close contact** with sick individuals.
- **Keep your environment clean:** Regularly disinfect surfaces in your home, especially if someone is ill.
- **Take your breathing medications** as prescribed.

Take Care of Your Lungs

Keeping your hands clean is a small act with big health benefits, especially during cold and flu season. You're not only reducing your own risk of infections, but also helping to prevent the spread of illness to others.

Here is to breathing better and feeling stronger. We are thankful you are a part of our Conversio community. Stay healthy this season!



Do you have any questions for our care team?



Call Conversio Health at:

(866) 239-3784

Hours of Operations:

6:00 am to 5:00 pm Pacific Time

9:00 am to 8:00 pm Eastern Time

Scan the QR code to download the Conversio Health app.

