How to Reduce the Risk of Catching a Cold
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Many different viruses cause colds and you can catch the same virus strain more than once. Most colds are spread when a virus contacts the mucus membranes of your eyes, nose or mouth. They are highly contagious so reducing your risks of catching a cold will keep you healthy.

You can get the virus on your hands by touching:
- Someone who has a cold
- Electronic devices (e.g., cell phones, tablets, computers and mouse)
- Telephones
- Door knobs
- Faucets
- Pencils, pens and textbooks
- Other surfaces someone with a cold has touched

Simple Hygiene Etiquette:
- Wash your hands with soap and water often
- Use a gel based hand sanitizer between hand washes
- Keep your hands away from your face
- Cover your nose and mouth when you cough or sneeze
  (Use a tissue or your forearm)
- Use a paper towel to turn off faucets and open bathroom doors

Don’t forget to get your Flu shot. It does not prevent colds but will protect against the influenza virus.