Prevent spreading infections

Stay protected with these healthy habits

Simply healthcare

Organisms like bacteria or viruses in the body are harmless in most cases. Sometimes, they can make people sick. These are called infections. An example is catching a cold. People with weakened immune systems, such as people with HIV, need to be extra careful to protect themselves from getting ill.

Avoid spreading germs and diseases that can cause illness. Stick to these healthy habits:

Wash your hands often

Clean hands are one of the best defenses against germs. Wash them well using running water and soap for at least 20 seconds. Make handwashing a part of your routine, especially:

- Before, during and after handling food
- Before and after cleaning a cut or being near someone who is ill
- Before eating
- Before touching a baby, your face or your mouth
- After touching animals, their food or their waste
- After using the bathroom or blowing your nose

Follow safe animal contact

If you visit or own pets or live animals, take these extra steps to stay well:

- Keep baby items like bottles away from pets and animal areas.
- Prevent pet bites and scratches by avoiding rough play.
- Keep live animals like chickens and their cages and supplies outside.
- If pregnant or have a weak immune system, avoid cleaning cat litter boxes.

Practice food and water safety

- Don't eat raw or undercooked food like batter or meat until after its cooked or baked.
- Don't drink untreated water from lakes or rivers.
- Refrigerate raw food until its ready to cook or eat.
- Clean surfaces and utensils after use and fruits and veggies before eating them.

Get vaccines

Severe illnesses caused by harmful bacteria can make people very sick, and can even cause death. Talk to the doctor about the vaccines (shots) you need to stay protected from diseases like the flu, tetanus, measles and pneumonia.

Stay safe from insect bites

Use an EPA-registered insect repellent to protect against serious diseases spread by mosquitoes, like Zika or dengue fever.

- Apply sunscreen first, then repellent. Follow label instructions.
- Drain all sitting water from outside potted plants or containers.
- If pregnant, do not travel to areas with risk of Zika. It can give serious birth defects to unborn babies.

Practice safe sex

- Tell your sex partners if you're living with HIV or any infectious disease.
- Use condoms every time you have sex.

Keep personal items personal

- Use your own drug injection equipment. Blood can stay in syringes and needles after use and be passed to the next user.
- Use your own toothbrush, towel, comb and makeup.
- Do not share drinking glasses or dining utensils.

Learn more to stay safe from infections at www.cdc.gov and www.foodsafety.gov.

Questions? Call us at 1-844-406-2396 for Florida Medicaid, 1-877-440-3738 for Long-Term Care or TTY 711.

Call Monday through Friday from 8 a.m. to 7 p.m. Eastern time.

You can also go to www.simplyhealthcareplans.com/medicaid.

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¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 1-844-406-2396 para Florida Medicaid, 1-877-440-3738 para Long-Term Care o TTY 711 para recibir esto gratuitamente en otros idiomas o formatos.

Èske ou bezwen èd ak swen sante ou, èd pou pale ak nou, oswa pou li sa nou voye ba ou? Rele nou gratis nan 1-844-406-2396 pou Florida Medicaid, 1-877-440-3738 pou Long-Term Care oswa TTY 711 pou w jwenn sa gratis nan lòt lang oswa nan lòt fòma.

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