



## Patient-Friendly Guide to Avoiding Germs

*This is an extra resource to go along with the original article:*

[How to stop the spread of germs in your waiting room](#)

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With cold and flu season settling in to make itself comfortable for months to come, it's the time of year when it's especially important to remind patients about best practices for not sharing germs.

We've broken it all down into an easy-to-follow guide, and we even encourage you to copy the below and use it as a sign to post in your office!

### HELP US KEEP OUR OFFICE GERM-FREE!

We genuinely care about the wellness of you, our other patients, and our fellow staff. As colder months kick in and common colds, the flu, and viruses start knocking on our immune systems' doors, please adhere to these helpful guidelines to help keep yourself—and others—healthy.

Remember: In this case, sharing isn't caring!

#### 1. Get vaccinated!

Flu season can get nasty, but getting your flu shot can help protect you. The CDC recommended that everyone get their shot this year by the end of October, so the sooner the better!

#### 2. Wash your hands!

We know you aren't a child, but you'd be shocked to learn how many adults fail to wash their hands frequently enough. Using soap and warm water, scrub them after using the restroom, blowing your nose, or touching objects in public.

#### 3. Use hand sanitizer!

Is a sink unavailable? Grab a travel-sized bottle of hand sanitizer to keep with you during the day. We also offer it for your use throughout our office.

#### 4. Cover your mouth and nose!

Feeling the urge to sneeze or cough? Properly cover your mouth and nose with a tissue, or use the inside of your elbow or shirt collar in a pinch. We also offer complimentary face masks.



**5. Fill out forms ahead of time!**

We provide you with the opportunity to complete your intake forms online, before you come in to our office. This helps to reduce your wait time in our office, which has been shown to help protect patients like you from receiving the germs of others.

**6. Stay home!**

We love seeing you, and we of course appreciate your continued business. However, if you feel sick, please stay home and get some rest! It's better for you and the people you will encounter at our office.