

Stewardship of the Body
Controlling the Virus
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Spring or summer colds bring to mind thoughts about how the virus can be picked up and how it can be kept to oneself once you have it.



Coughing: Try to cough or sneeze into the crook of your elbow instead of into your hand. There is less chance of your elbow touching someone or some object and spreading the virus.



Runny nose: Take meds to dry it up. When it does run, wipe it with a tissue and dispose of the tissue in a waste container. If none is available, put the tissue in your pocket and dispose of it as soon as you can. Used tissues can spread virus.

Exposure to people: Limit your exposure to other people as much as possible. Staying home will do two things: prevent the spread of the virus to others and help you recover faster.



Hand sanitizer: If you do happen to cough into your hands, or after wiping your nose with a tissue, use hand sanitizer to cleanse your hands before touching another person or object. If you are well, but around someone who is coughing, sneezing, blowing their nose, use hand sanitizer on yourself to avoid picking up the virus they may be spreading. Carry a small bottle of hand sanitizer in your pocket or purse at all times.

Summer is a gift in this part of the country. Let's stay well and enjoy it.

