

## **Prevention Methods of Spring Infectious Diseases**

### 1. Ventilate the room

Fresh air can remove excess moisture and dilute indoor contaminants, and ultraviolet light has a bactericidal effect. Therefore, we should open doors and windows frequently to ventilate the room and let fresh air and sunshine into the room. We can also use vinegar for sterilizing as well.

### 2. Wash hands frequently

Nasal discharge, sputum, droplets and other respiratory secretions and excrement from infected patients contain a large number of pathogens which may be passed to healthy people by contact with secretions or excretions through hands. Therefore, we should all wash hands frequently and pay more attention to the hygiene of the hands.

### 3. Drink plenty of water

The human nasal mucosa can be easily impaired in dry and dusty air. Therefore, we should drink plenty of water to keep the nasal mucosa moist, which can not only effectively resist the invasion of the virus, but also be benefit to the excretion of body toxins and purification of inner environment.

### 4. Nutritional supplements

Appropriately increase the intake of water and vitamin, and eat more fish, meat, eggs, milk and other food with high nutritional value to enhance the immune function. Fresh fruits and vegetables rich in vitamin C can neutralize the body toxins and enhance disease resistance.

### 5. Reduce irritation to the respiratory tract

Avoid smoking, drinking alcohol, and eating spicy food to reduce irritation to the respiratory tract.

### 6. Avoid being cold

In a cold environment, the blood vessels of the respiratory tract will shrink, and blood supply will be reduced, so that partial resistance will be decreased, and the virus is easy to invade into our body.

### 7. Keep physical exercise

Do more physical exercise to promote the body's blood circulation, strengthen cardiopulmonary function and exercise our breathing system.

#### 8. Live a regular life

Make sure to get enough sleep. Adequate sleep can eliminate fatigue, mediate various body functions and enhance immunity, while irregular life habits can weaken the function of our immune system.

#### 9. Develop good personal hygiene habits

Wash hands and rinse mouth frequently. Do not touch face, eyes, mouth or other body parts with dirty hands and avoid being in crowded places.

#### 10. Find, report illness and get treatment in time

When one or more respiratory symptoms such as fever, coughing, dyspnea, etc. occur to you or someone around you, please go to the hospital for medical treatment immediately and report to the relevant departments. Do not disregard the symptoms or take medicine casually, in case of delay in diagnosis and treatment.

#### 11. Take Vaccination

Take vaccination timely at appropriate age to effectively prevent a variety of respiratory diseases.

#### 12. Avoid going to crowded places

The air quality in crowded places is poor without enough ventilation, and the possibility of patients with infectious diseases is greater. Therefore, we should avoid going to anywhere over crowded.