

Picture by SunShine2002



## Additional ways to prevent the spread of germs *by Cassie (cynefin)*

While there are many ways to prevent germs, there are also a few more preventative measures that can be taken, several of which 'piggyback' on each other. Read on to look at additional ways to prevent the spread of germs or illnesses.

- **Don't just wash your hands.** Washing hands is an effective measure, but consider cleaning underneath your nails as well. Germs and other particles can build up beneath them. Use a nail brush and your preferred soap. Don't want to clean under your nails? Keep them trimmed instead.
- **Use hand sanitizer the correct way.** To do this, put some on your palms and fingers. Rub your hands together, and allow them to completely dry. This can take about half a minute.
- **Have clothes for home and clothes for being out in public.** Some already do this: keep clothes for work, school, and other outings. Once you arrive home, change your clothes to prevent the spread of germs and to be more comfortable.
- **Clean your electronics.** Electronics, especially phones, attract a lot of dirt and germs. Use an anti-bac wipe or a preferred cleaner to wipe down your electronics. Allow them to dry on their own. A microfiber cloth, such as one used for eye glasses, is particularly useful for maintaining a screen. If possible, avoid using your phone while eating or doing other similar activities.

## NEWS

### A reminder about the Report feature (8th March)

The Performance Committee would like to remind users about the usage of TeenHelp's report feature.

Please click the link below to read about how to submit a report about a staff member.

<http://www.teenhelp.org/forums/f3-general/t159916-reminder-about-report-feature/>

### New article (13th March)

#### How to make kale chips: an alternative to the traditional potato chip

Do you like salty snacks? Making kale chips allows you to have a crispy snack while eating a vegetable. Read on to learn about how to make them.

<http://www.teenhelp.org/forums/f185-food-recipes/t159948-how-make-kale-chips-alternative-traditional-potato-chip/>

## INTERESTING TOPICS THIS MONTH

### Pet memories

Dogs, cats, and other pets make fun and amazing companions. Do you have a favorite or a special memory with one of yours? Share your memories, past or present, here!  
<http://www.teenhelp.org/forums/f119-pets/t159934-pet-memories/>

### Newsletter tip ideas from users

While the Newsletter team has many ideas, we enjoy hearing thoughts from others around the site. Is there a certain tip you'd like to see? If so, tell us here!  
<http://www.teenhelp.org/forums/f3-general/t159928-newsletter-tip-ideas-users/>

