

Soap and water. Paula knows it's the one-two punch against infection.



When it comes to fighting infection, the world's first preventive treatment is still one of the best. To combat the common cold, strep throat, or the flu, there's still nothing like washing your hands.

Wash hands frequently with soap and water—especially before preparing a meal or eating, after using the restroom, taking out the trash, or changing a diaper.

Cover cuts and scrapes with a bandage to prevent infection. (The wound doesn't have to "breathe.") Be sure to change the bandage regularly.

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