

Pointers for Parents

Survey: Mothers View Cleaning Homes And Toys As Essential To Preventing Colds And Flu

(NAPSA)—According to a recent survey, protecting youngsters against the cold and flu may, quite literally, be child's play.

That's because keeping your home clean—especially items that children touch and play with—can help minimize their exposure to germs.

The Alliance for Consumer Education's (ACE) second nationwide Germ Study examined mothers' overall awareness of how germs that cause colds and flu are spread.

It then assessed their views as to the most effective means of preventing and/or containing colds and flu.

Survey results include:

- 32 percent of respondents felt that keeping their house clean was the most effective means of protection against colds and flu.
- 56 percent of respondents said they clean the surface of their children's toys on a weekly basis.
- 62 percent of mothers gave their kids some type of home remedy, such as chicken soup.
- 92 percent of mothers gave themselves either an "A" or "B" with regard to teaching germ control.

"The ACE 2007 Germs survey clearly illustrates that mothers understand the threat of exposure



To minimize your family's risk from germs, it's important to frequently wash your hands and clean your home on a regular basis.

to those germs that can cause colds and flu and are taking steps to minimize that threat and protect their families," said Joseph M. Healy, President, Alliance for Consumer Education. "One of the simplest, most effective things that people can do to minimize the risks from germs is to frequently wash their hands and clean their homes and places of work on a regular basis." The Alliance for Consumer Education is a foundation dedicated to advancing community health and well-being. To learn more about the foundation's disease prevention programs, visit www.stopgerms.org.