

# 50 Ways to Have a Healthier Fall

Take a hot bath, sip a warm drink, then take a lovely nap—doctor's orders!

## **Sterilize your cell phone and keyboard**



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Think of every gross thing you do with your hands every day. Now think of everything you touch with those hands. With flu season bearing down, now is the perfect time to clean and sterilize all those little things you touch all the time, like your keyboard, tablet, phone, and desk, says Meg Roberts, cleaning expert and president of [Molly Maid](#).

# Throw a package of disinfecting wipes in your bag



Sergei Kardashev/Shutterstock

Make sure to wash your hands regularly, but keep your clean streak going by using wipes to sanitize other surfaces you commonly touch (hello, grocery carts!), Roberts says. "When it comes to avoiding fall flu germs, look for 'disinfectant wipes' like Clorox or Lysol, as they are more effective than antibacterial wipes," she says.

# Put a family-sized bottle of hand sanitizer on your desk



life-literacy/Shutterstock

Not only will this visual remind you to regularly clean your hands, but hopefully it will inspire others who are visiting your workspace to do the same, Roberts says. Keeping your hands clean is one of the best things you can do to avoid the flu. Don't forget to add a box of tissues, to help keep germs from coughs and sneezes contained. Take your clean act on the road with a portable hand sanitizer, like this one from [CleanWell](#).