

# How to stop the spread of germs for a winning Super Bowl

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The Super Bowl is one of the biggest sporting events of the year, drawing thousands of people not only to the stadium it's played in, but also to the host city. Given the scope of the event, Baylor College of Medicine's Dr. Irvin Sulapas explains how it can impact the spread of germs, and he offers his tips on how to stay healthy so you can enjoy the big game.

"The Super Bowl is a very big event, and people from all over the world are going to be in Houston, just like they are for any massive event from a marathon to the Olympics. They are going to come in with strains of [germs](#) that usually live on our bodies," said Sulapas, assistant professor of family and community medicine at Baylor and primary care sports medicine physician. "As a result, something such as a simple cough or not washing your hands correctly can spread germs and make you or others sick."

Sulapas cautioned to be especially mindful of your health at Super Bowl parties where germs can be spread easily.

"Everyone likes to have fun and celebrate during the Super Bowl. As a result, you could be surrounded by a lot of people, whether you are at your house having a Super Bowl party or at a public event. There is a lot of sharing of food and sometimes drinks from bottles or cups, and not everyone will be cognizant enough to wash their hands properly. That can be a very good potential for spreading germs," Sulapas said.

To defend yourself against possible health risks, Sulapas suggests the following tips:

- Remember general hand hygiene, which includes carrying [hand sanitizer](#) with you and washing your hands frequently.
- Try not to share drinks with anybody.
- If you are going to cough or sneeze, always cover your mouth using your elbow and try not to cough on anybody.
- Drink in moderation for your health and safety – drinking a little too much can inhibit you from making wise decisions.

"Have a good time at the Super Bowl or watching the Super Bowl because it only happens once a year, just remember to stay healthy by washing your hands, covering your coughs and drinking in moderation," Sulapas said.

Provided by Baylor College of Medicine

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