

1. WHY SHOULD YOU COVER YOUR COUGH?



- Many illnesses are spread easily in crowded places.
- Influenza and the common cold can both be spread by coughing, sneezing and unclean hands.

2. THROW AWAY USED TISSUES.



- Use a tissue to cover your cough or sneeze.
- Be sure to dispose of the used tissue in a wastebasket immediately.

3. KEEP YOUR HANDS CLEAN.



- Wash your hands often with soap and water, or use an alcohol-based hand cleaner. Scrub both sides.
- Rub your hands together for at least 20 seconds. Count to 10 and do it again.

4. HOW DO YOU STOP THE SPREAD OF GERMS?



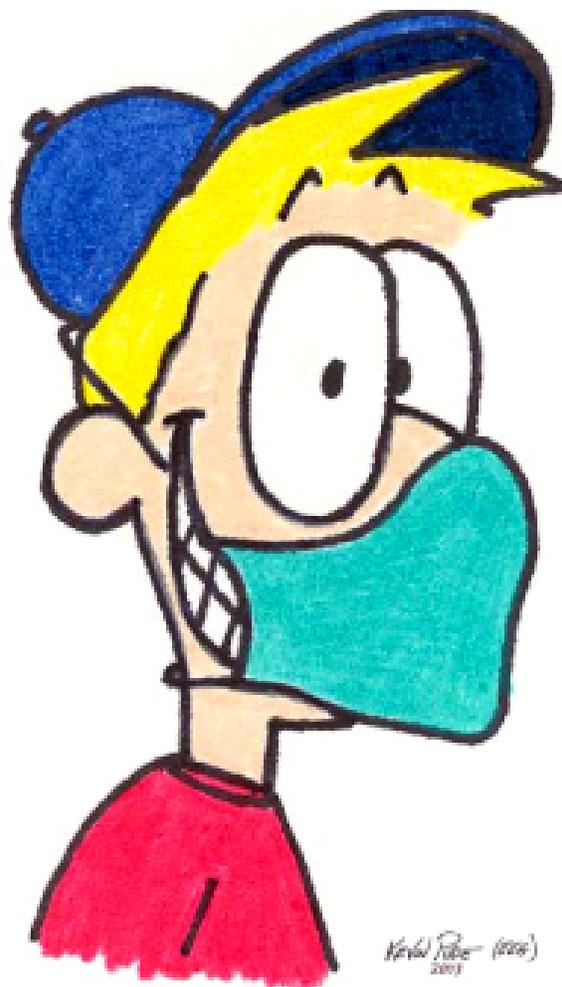
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your sleeve.
- Don't share eating utensils, drinking glasses, towels, or other personal items like chap stick.
- Wash your hands often.

5. HOW CAN YOU STAY HEALTHY?



- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with people who are sick, if possible.
- Wash your hands often.

6. WHEN YOU'RE AT A CLINIC OR HOSPITAL:



- If you're sick, you may be asked to wear a mask to protect others.
- Don't worry if you see staff and other people wearing masks. They are preventing the spread of germs.