



What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Cover Your Cough

Stop the Spread of Germs that Make You and Others Sick!

Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by coughing or sneezing and unclean hands.

To help 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 upper sleeve, not your hands.

Put your used tissue in the waste basket.

Clean your hands after coughing or sneezing

Wash with soap and water. or Clean with alcohol-based hand cleaner.

Note: You may be asked to put on a surgical mask to protect others.