

YOUR HEALTH IS IN YOUR HANDS



Don't Spread it Around!

Help stop the spread of germs that can cause colds, flu and other respiratory diseases.

When you go to a doctor or hospital, always notify the reception area immediately if you have any flu-like symptoms (cough, fever, difficulty breathing, and/or muscle aches).

- Cover your nose and mouth with a tissue whenever you cough or sneeze.
- Dispose of used tissues in the trash.
- Wash your hands with soap and hot water, or use a waterless hand cleaner.

If you get a respiratory infection, your doctor might suggest you wear a surgical mask to cover your mouth and nose, and keep germs from spreading.

Your health is in your hands!

Always wash your hands with soap and hot water, or use a waterless hand cleanser after:

- Blowing your nose or coughing
- Using the bathroom
- Before and after eating
- After being in contact with or being near someone who is ill

