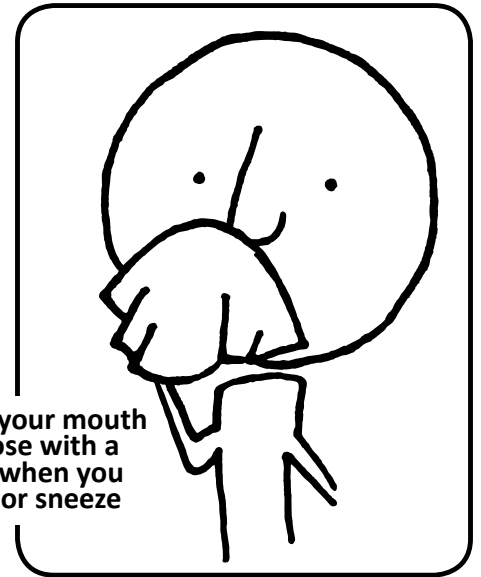


Stop the spread of germs that make you and others sick!

Cover your Cough



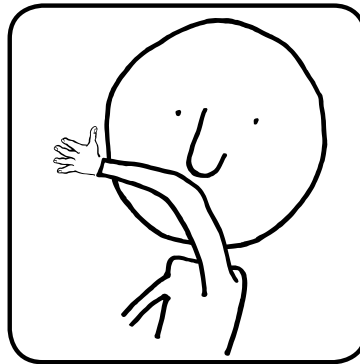
Cover your mouth and nose with a tissue when you cough or sneeze

Why you should cover your cough:

- Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough and Severe Acute Respiratory Syndrome (SARS) are spread by:
 - Coughing or sneezing
 - Unclean hands
- These illnesses spread easily in crowded places where people are in close contact.

How to stop the spread of germs when you are sick:

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in a waste basket.
- If you don't have a tissue, sneeze or cough into your sleeve (at the elbow).
- After coughing or sneezing, always clean your hands with soap & water or an alcohol-based hand cleaner.
- Stay home when you are sick.
- Do not share eating utensils, drinking glasses, towels or other personal items.



Additional steps to stay healthy

- Avoid smoking and keep your home smoke free.
 - Avoid crowded places where germs can be passed among people through the air.
 - Get vaccinated against influenza.
- ### and prevent the spread of respiratory infections
- Get extra rest - viral infections take 10 to 14 days to resolve.
 - Drink extra fluids - especially water.
 - Stay home when you're ill.

When you are at a hospital or clinic

- 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.

Stay healthy:

- Clean your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Get vaccinated! Influenza (flu) and pneumococcal (pneumonia) vaccines can prevent some serious respiratory illnesses.