

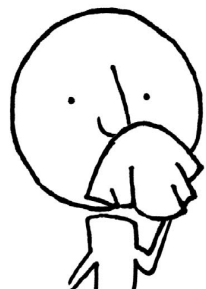
Stop the Spread of Germs...

Serious respiratory illnesses are spread by:

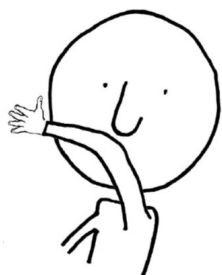
- Coughing or sneezing
- Unclean hands
 - Touching your face after touching contaminated objects
 - Touching objects after contaminating your hands

To help stop the spread of germs:

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



Put your used tissue in a waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve, **not** your hands.

Coughing or sneezing into your bare hand can spread germs to everything you touch!

Clean your Hands

after coughing or sneezing

Use with soap & water



OR



You can use an alcohol-based hand sanitizer that contains at least **60%** alcohol if soap and water are not available.

Handwashing is one of the best ways to protect yourself and your family from getting sick.

What is the right way to wash your hands?

1. **Wet** your hands with clean running water (warm or cold) and apply soap.
2. **Lather** your hands by rubbing them together with the soap.
3. **Scrub** for at least **20 seconds**. Need a timer? Hum the "Happy Birthday" song twice.

Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails.

4. **Rinse** your hands under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Bonus: Use a paper towel when you turn off the tap.

How to use hand sanitizer:

1. Apply the gel product to the palm of one hand (use the amount listed on the label).
2. Rub your hands together.
3. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around **20 seconds**.

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

Before, during, and after preparing food

Before eating food

Before and after caring for someone at home who is sick with vomiting or diarrhea

Before and after treating a cut or wound

After using the toilet

After changing diapers or cleaning up a child who has used the toilet

After blowing your nose, coughing, or sneezing

After touching an animal, animal feed, or animal waste

After handling pet food or pet treats

After touching garbage

Stay home when you are sick.

How Can I 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.



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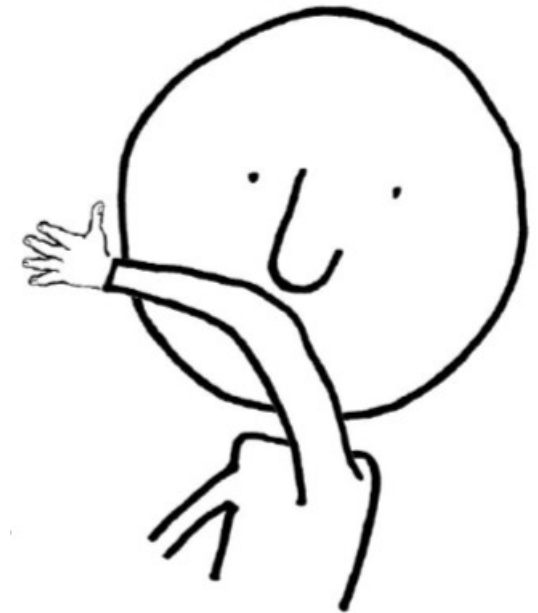


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WASHINGTON COUNTY PUBLIC HEALTH

Cover your Cough



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

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