

# Stop the Spread of Germs

Simple precautions help limit the spread of diseases!



Serious illnesses are spread by coughing and sneezing and by unclean hands: flu (Influenza); respiratory syncytial virus (RSV); whooping cough (pertussis); mumps



## Minimize Your Risk, Stay Healthy:

- Wash hands often with warm soap and water or with an alcohol-based hand cleaner.
- Cover mouth and nose when coughing and sneezing
- Avoid touching your eyes, nose or mouth
- Avoid close contact with people who are sick, if possible
- Get vaccinations for flu and pneumonia as recommended for your age and health conditions.
- Stay up to date on immunizations



## Help Stop the Spread of Germs When You're Sick:

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



**Jefferson County Public Health**  
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