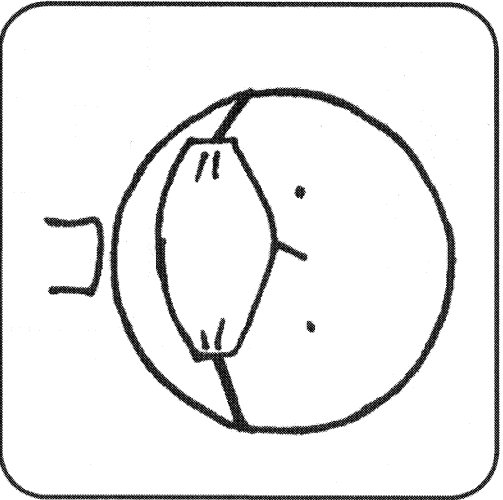


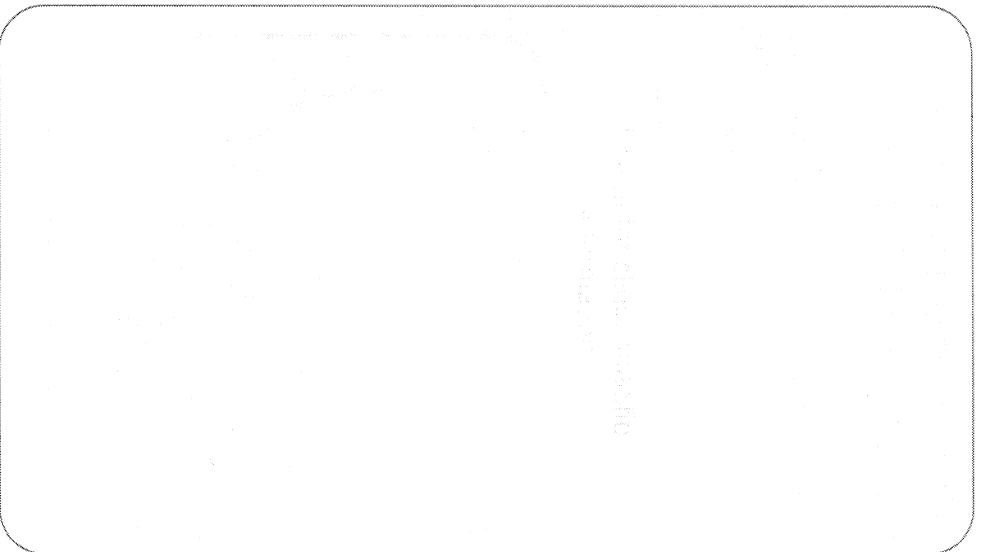
When you are at a clinic or hospital:

- Cover your cough or sneeze with a tissue and dispose of the used tissue in the waste basket.
- Clean your hands with soap and water or an alcohol-based hand cleaner.



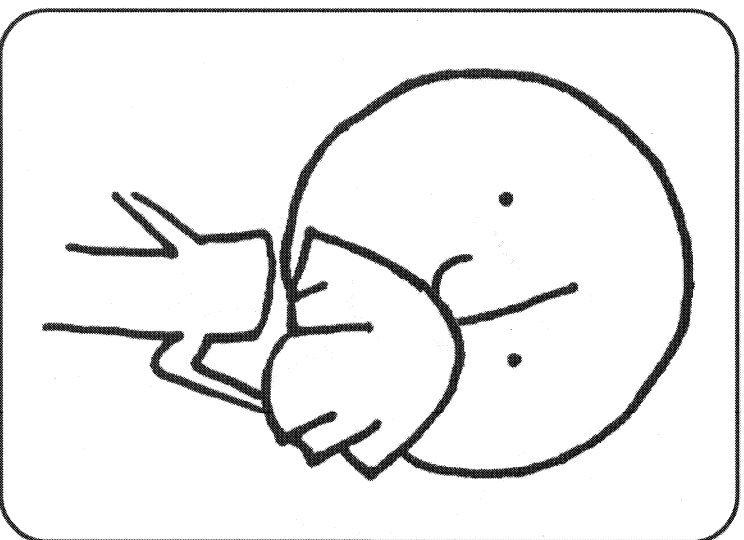
- You may also be asked to wear a mask to protect others.

* Don't worry if you see staff and other people wearing masks. They are preventing the spread of germs.



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

Cover your Cough



APIC
ASSOCIATION FOR PROFESSIONALS IN
INFECTIOUS CONTROL AND EPIDEMIOLOGY INC.



Minnesota
Antibiotic
Resistance
Collaborative



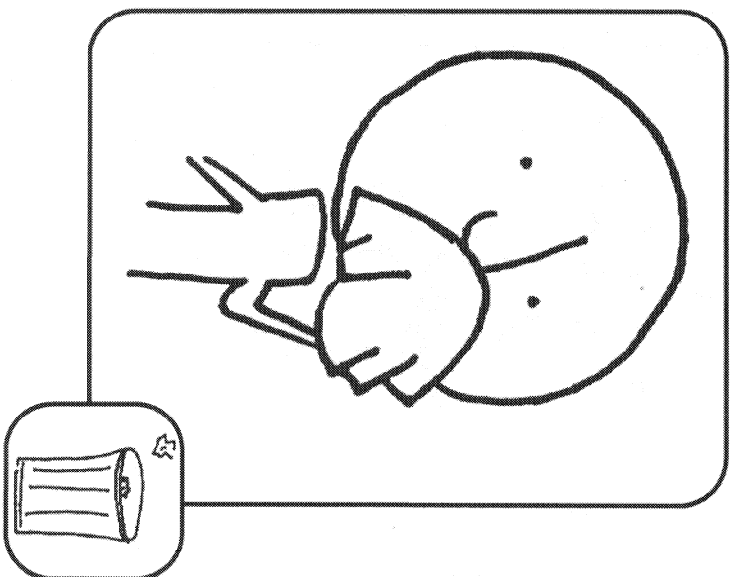
Minnesota Department of Health
625 N Robert Street, PO Box 64975
St. Paul, MN 55164-0975
651-201-5414 TDD/TTY 651-201-5797
www.health.state.mn.us

Illness prevention tips from The Minnesota Department of Health, The Association of Professionals in Infection Control, and The Minnesota Antibiotic Resistance Collaborative

Why should I cover my cough?

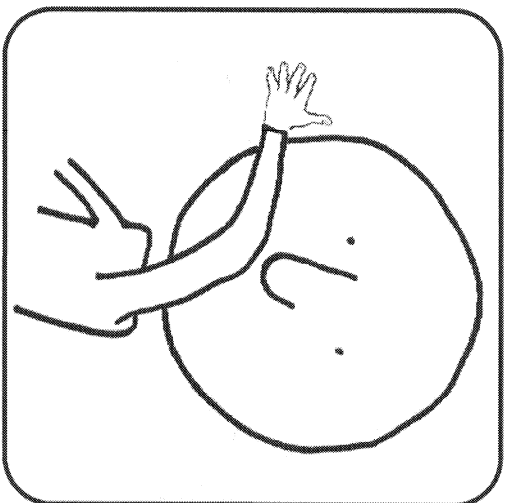
- Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough and Severe Acute Respiratory Syndrome (SARS) are spread by:
 - Coughing or sneezing
 - Unclean hands

• These illnesses spread easily in crowded places where people are in close contact.



How do I stop the spread of germs if I am 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.



- 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.

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.

