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 or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

You may be asked to put on a surgical mask to protect others.

Clean your Hands after coughing or sneezing.

Wash with soap and water or clean with alcohol-based hand cleaner.

CDC
MDH
APIC
Minnesota Department of Health
1701 4th Avenue South
612-653-6100 or 1-866-576-5414
www.health.state.mn.us

American Podiatric Medical Association
American Public Health Association

Stop the spread of germs, protect yourself and others!
Stopping the Flu is up to You!

The flu is spread from person-to-person when someone who has the flu sneezes, coughs or even talks. The flu virus is put into the air and may be inhaled by anyone close by. Occasionally a person may become infected by touching something with the virus on it and then touching their mouth or nose.

For more helpful information contact C.
To protect yourself and your family from the flu:

Wash your hands often with soap and warm water.

Use tissue when you cough, sneeze or spit, and dispose of the tissue in a covered trash bin.

Keep hands away from your face.

Clean shared space more often such as phone receivers, keyboards, steering wheels and office equipment.

Do not share personal items such as forks, spoons, toothbrushes and towels.

Avoid crowds or people who are ill.

Contra Costa Health Services - 1-888-959-9911 - cchealth.org