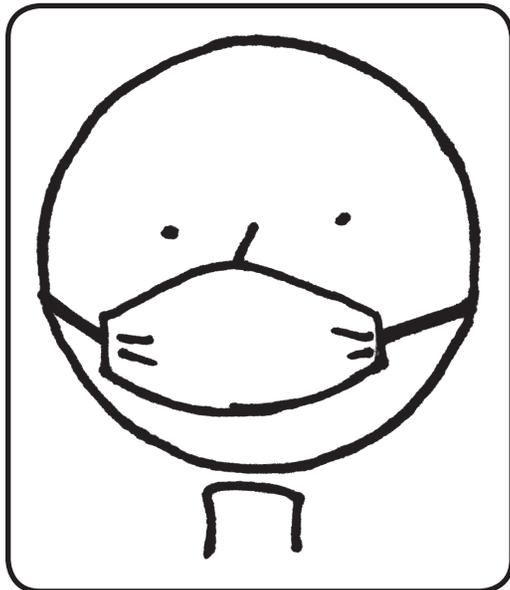


When you are at a clinic or hospital:

- 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 stopping the spread of germs.
- Cover your cough or sneeze with a tissue and throw the used tissue in the garbage.
- If you don't have a tissue, cough or sneeze into your sleeve—not your hands.
- Clean your hands with soap and water or an alcohol-based hand cleaner.



For more information:

Contact your local health department or the Oregon Department of Human Services Public Health Division



Oregon Department
of Human Services

Public Health Division

800 NE Oregon St., Suite 930

Portland, OR 97232

Phone: 971-673-1222

FAX: 971-673-1299

<http://www.oregon.gov/DHS/ph/index.shtml>

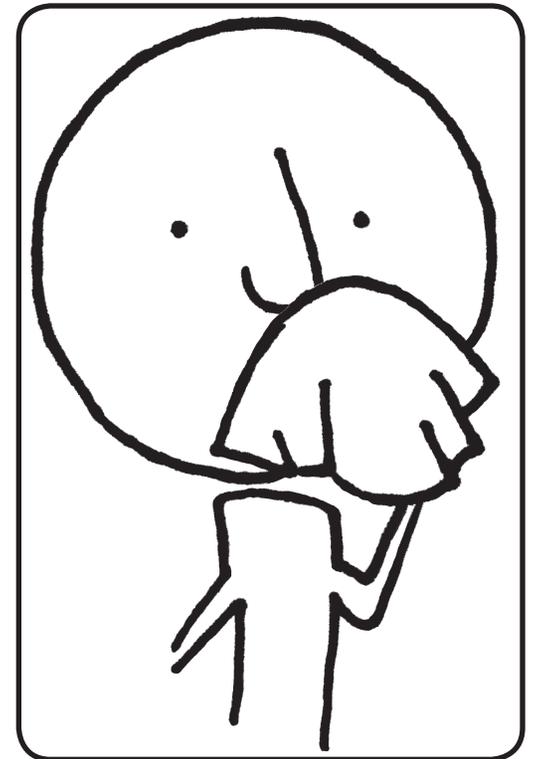
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ASSOCIATION FOR PROFESSIONALS IN
INFECTION CONTROL AND EPIDEMIOLOGY, INC.

This message is brought to you by the Oregon Department of Human Services, the Association for Professionals in Infection Control and Epidemiology, Inc., and your local county health department, with special thanks to the Minnesota Department of Health for sharing these illustrations.

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

Cover your Cough



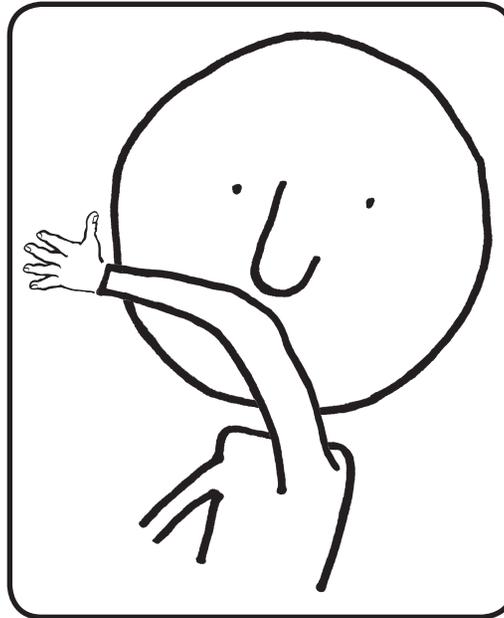
Tips for preventing the spread of illness, from your local health department

How do I stop the spread of germs if I am sick?

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your sleeve—not your hands.
- After coughing or sneezing, always clean your hands with soap and water or an alcohol-based hand cleaner.



- Stay home when you are sick.
- Don't share eating utensils, drinking glasses, towels or other personal items.
- Avoid close contact with loved ones.



Why should I cover my cough?

- Serious sickness, like flu, is spread by coughing or sneezing and unclean hands.
- Flu spreads easily in crowded places where people are in close contact.

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 a flu shot! Flu shots can help keep you from getting sick.

