Good Health Habits That Help Stop the Spread of Germs

Cover Your Cough

Cover your mouth and nose when you cough or sneeze.

Put your used tissue in a waste basket.

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

Clean Your Hands

after coughing or sneezing

Wash your hands with soap and warm water for 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

OR

Clean your hands with an alcohol-based hand sanitizer.