

COVER YOUR COUGH

STOP THE SPREAD OF GERMS EVERY DAY - ALL YEAR

Many bugs or germs (like the flu) are spread by coughing or sneezing. The germs land on your hands, toys, phones, desks and everywhere!

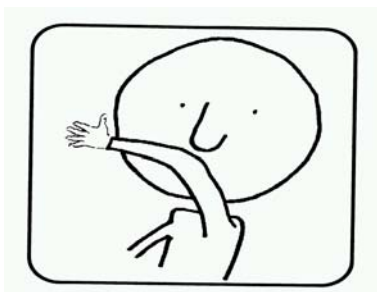
To stop the spread of germs always cover your nose and mouth with a tissue when coughing or sneezing. Throw the used tissue in a waste basket.



After coughing or sneezing always wash your hands with soap and warm water or use a bottled hand cleaner.

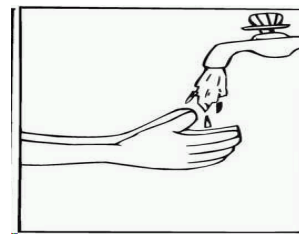


If you don't have a tissue, cough or sneeze into your elbow or upper arm **NOT** your hands. Be sure your nose and mouth are covered.



There are many things you can do to stay healthy:

Wash or clean your hands many times a day.



BEFORE and **AFTER** eating or touching food and

AFTER using the washroom.

AFTER sneezing, coughing or blowing your nose.

AFTER handling garbage.

AFTER playing outside.

AFTER touching pets or animals.

Try not to touch your eyes, nose or mouth unless your hands are clean.

Do not share forks or spoons, drinking glasses or straws.

*Adapted from
 Durham Region Health Dept.*

