

## Additional steps to stay healthy...

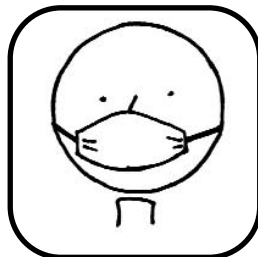
- Avoid smoking and keep your home smoke free
- Avoid crowded places where germs can be passed among people through the air
- Get vaccinated against influenza

## and prevent the spread of respiratory infections...

- Get extra rest - viral infections take 10 to 14 days to resolve.
- Drink extra fluids - especially water
- Stay home when you're ill

## When you are at a hospital or clinic:

- 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 preventing the spread of germs.



# APIC

ASSOCIATION FOR PROFESSIONALS IN  
INFECTION CONTROL AND EPIDEMIOLOGY, INC.



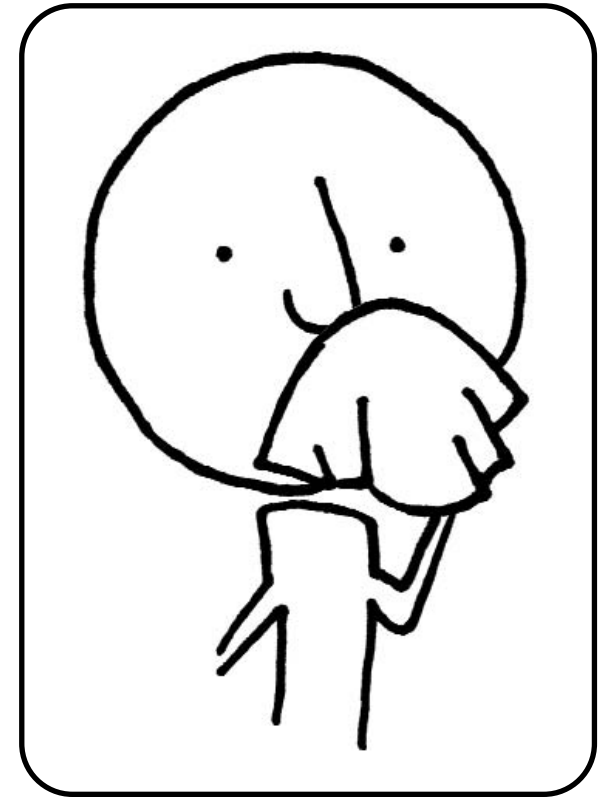
Minnesota  
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Minnesota Department of Health  
625 N Robert Street, PO Box 64975  
St. Paul, MN 55164-0975  
651-201-5414 TDD/TTY 651-201-5797  
[www.health.state.mn.us](http://www.health.state.mn.us)

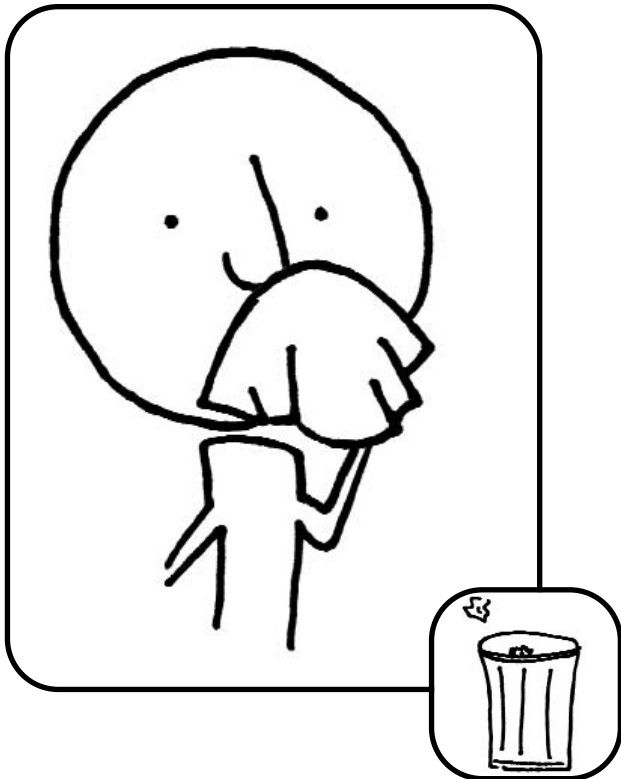
**Stop the spread of germs that  
make you and others sick!**

# Cover your Cough



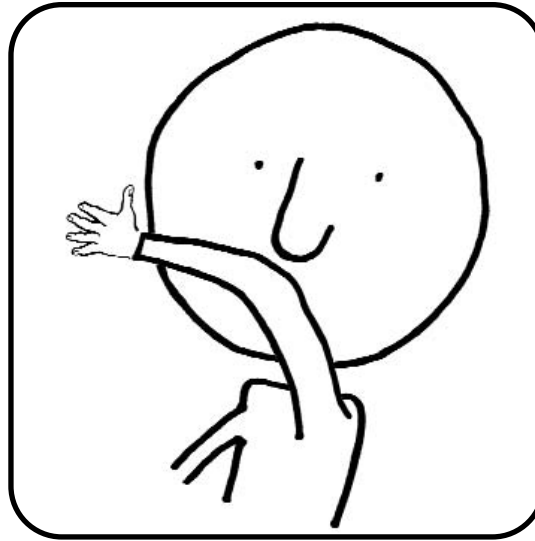
## Why should I cover my cough?

- 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.

