Fight Germs and Stay Healthy

If you have a cold or flu:
Avoid close contact when possible

► Germs are transmitted by sneezing, coughing and even while speaking

Cover your cough or sneeze

► Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing

► Throw used tissue in the trash

Wash your hands often

► Always wash your hands before eating and after using the latrine

► Wash hands for at least 15-20 seconds with warm, soapy water or alcohol-based gel

Avoid touching your eyes, nose or mouth

► Germs are often spread when people touch something contaminated with germs (for example, other people's hands or smooth surfaces) and then touch their own eyes, nose or mouth

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Readiness thru Health
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