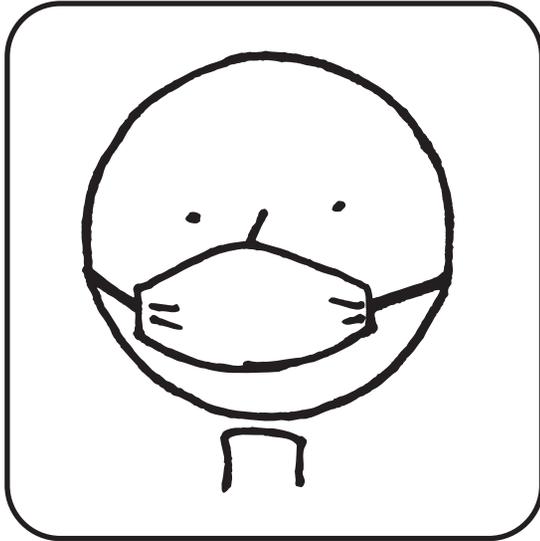


## When you are at a clinic or hospital:

- Cover your cough or sneeze with a tissue and dispose of the used tissue in the waste basket.
- Clean your hands with soap and water or an alcohol-based hand cleaner.



- You may also 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.



ELGIN ST. THOMAS  
PUBLIC HEALTH

99 Edward Street, St. Thomas, Ontario, N5P 1Y8  
Tel: 519-631-9900  
Fax: 519-633-0468  
[www.elginhealth.on.ca](http://www.elginhealth.on.ca)



**Middlesex-London Health Unit**  
50 King Street, London, Ontario, N6A 5L7  
Tel: 519-663-5317  
Fax: 519-663-9581  
[www.healthunit.com](http://www.healthunit.com)



**Public Health & Emergency Services**  
410 Buller Street, Woodstock, Ontario N4S 4N2  
Tel: (519) 539-9800 Fax: (519) 539-6206  
Web site: [www.county.oxford.on.ca/publichealth](http://www.county.oxford.on.ca/publichealth)

# APIC

ASSOCIATION FOR PROFESSIONALS IN  
INFECTION CONTROL AND EPIDEMIOLOGY, INC.



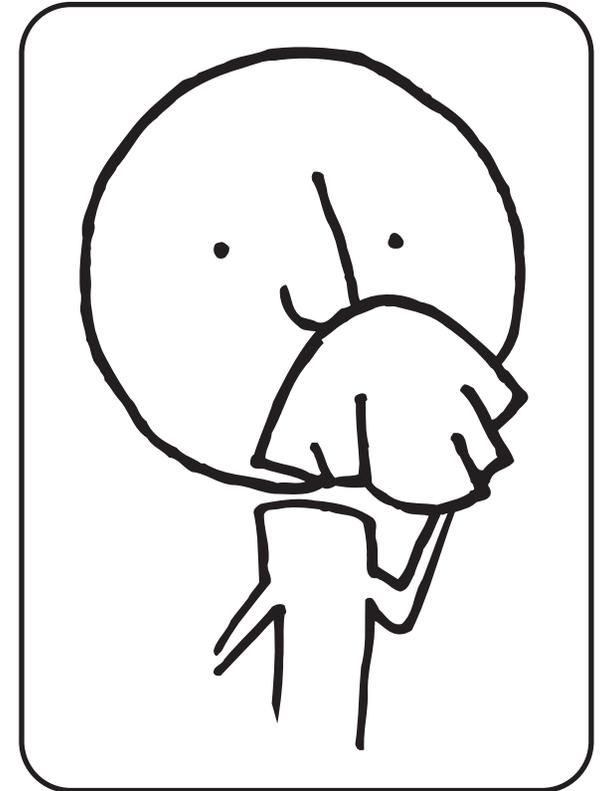
Minnesota  
Antibiotic  
Resistance  
Collaborative



Minnesota Department of Health  
717 SE Delaware Street  
Minneapolis, MN55414  
612-676-5414 or 1-877-676-5414  
[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

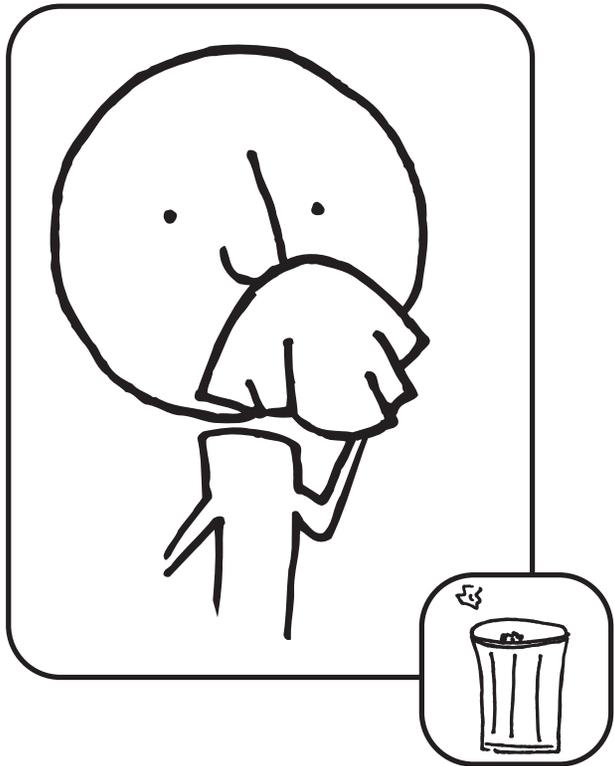


Illness prevention tips from The Minnesota Department of Health, The Association of Professionals in Infection Control, and The Minnesota Antibiotic Resistance Collaborative

## Why should I cover my cough?

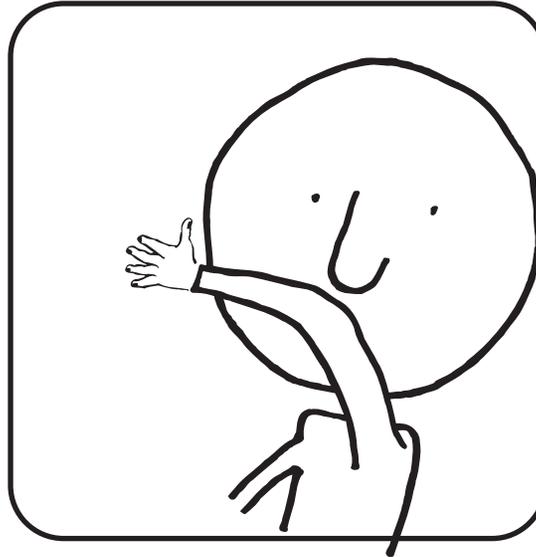
- Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough and Severe Acute Respiratory Syndrome (SARS) are spread by:
  - Coughing or sneezing
  - Unclean hands

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.

