



Cover Your Cough

Why should I cover my cough?

Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough and 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?

1-Cover your nose and mouth with a tissue every time you cough or sneeze.

2-If you don't have a tissue, sneeze or cough into your sleeve.



3-Throw the used tissue in a waste basket



4-After coughing or sneezing, always clean your hands with soap & water or an alcohol-based hand cleaner



5-Stay home when you are sick.

6-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.



When you are at the 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.