

# Good Health Habits that Help Stop the Spread of Germs

## Cover your cough

- Cover your mouth and nose when you cough or sneeze.
- Put your used tissue in a waste basket.
- Please remember to review CDC recommendations on how to avoid the transmission of respiratory infections, including wearing a face covering and social distancing.



## Clean your hands after coughing or sneezing

- Wash your hands with soap and warm water for 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

OR

- Clean your hands with an alcohol-based hand sanitizer.

