

STOP THE SPREAD OF GERMS!

Ahhhhhhhhhh

CHOOO!

According to the Centers for Disease Control and Prevention (CDC), the following strategies are effective for helping prevent the spread of illness, including influenza.

- Always cover your mouth and nose with a tissue when you cough or sneeze. Throw your used tissue in the garbage.
- If you don't have a tissue handy, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands often with soap and warm water for 20 seconds. If you are not near a sink, use an alcohol-based hand sanitizer.

Provided by: The Richards Group

48 Harris Place PO Box 820

Brattleboro, VT 05301

Tel: 802-254-6016

