

# Stop the Spread of Germs

**When you have a sneeze or cough, you can help prevent others from getting sick.**

- 1** Cover your mouth and nose with a tissue when you cough or sneeze  
*OR*  
cough or sneeze into your upper sleeve, not your hands.
- 2** Put your used tissue in a waste basket.
- 3** In a clinic waiting room, you may be asked to wear a mask to protect others.
- 4** Clean your hands after coughing or sneezing. Wash them or sanitize them.

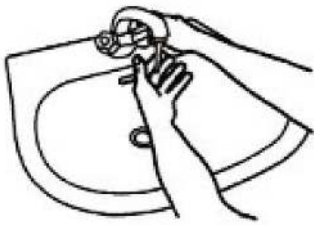


 **americares**  
Health is on the way.™

[americares.org](http://americares.org)

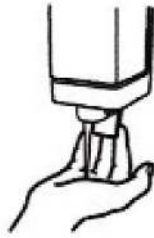
# How to Wash Your Hands

1



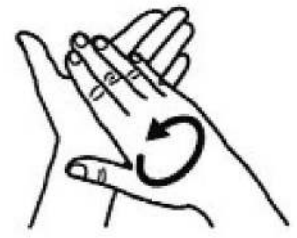
Wet hands with water;

2



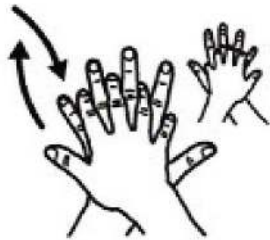
Apply enough soap to cover all hand surfaces;

3



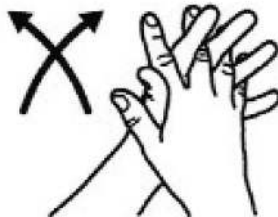
Rub hands palm to palm;

4



Right palm over left dorsum with interlaced fingers and vice versa;

5



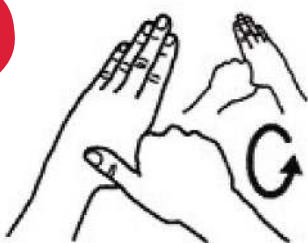
Palm to palm with fingers interlaced;

6



Backs of fingers to opposing palms with fingers interlocked;

7



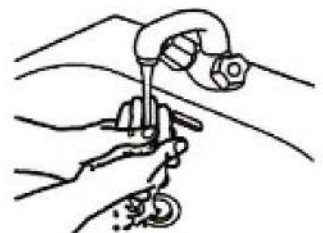
Rotational rubbing of left thumb clasped in right palm and vice versa;

8



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

9



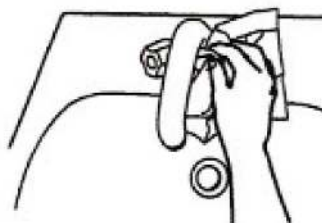
Rinse hands with water;

10



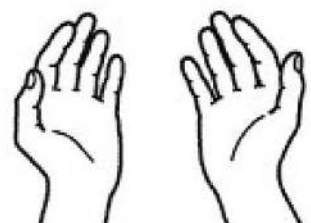
Dry hands thoroughly with a single use towel;

11



Use towel to turn off faucet;

12



Your hands are now safe.

 **americares**  
Health is on the way.™

[americares.org](http://americares.org)