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.

Reference: Centers for Disease Control and Prevention
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.

Reference: World Health Organization