

Fight Germs and Stay Healthy

If you have a cold or flu:

Avoid close contact when possible.

- ▶ Germs are transmitted by sneezing, coughing, and even while speaking.

Cover your cough or sneeze.

- ▶ Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing.
- ▶ Throw used tissue in the trash.

Wash your hands often.

- ▶ Always wash hands before eating and after using the latrine.
- ▶ Wash hands for at least 15-20 seconds with warm, soapy water or alcohol-based gel.

Avoid touching your eyes, nose or mouth.

- ▶ Germs are often spread when people touch something contaminated with germs (for example, shaking hands or touching smooth surfaces) and then touch their eyes, nose or mouth.

