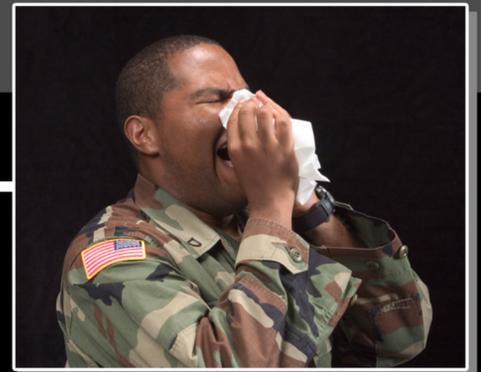


Fight Germs and Stay Healthy



If you have a cold or flu:

Avoid contact with other people when possible.

- ▶ Germs are transmitted by sneezing, coughing, and even while speaking.
- ▶ Do not share drinks or eating utensils.

Cover your mouth and nose when sneezing.

- ▶ Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing.
- ▶ Do not cough or sneeze on other people, their food, or anything they may put in their mouths.

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 a person touches something contaminated with germs (for example, shaking hands or touching smooth surfaces) and then touches their own eyes, nose, or mouth.
- ▶ Some viruses and bacteria can live from 20 minutes up to 2 hours on smooth surfaces like wall lockers, latrine counter-tops, doorknobs, and desks.

See a medic if you are sick, especially if you have a fever.

- ▶ Medical care can help control the spread of infection and help you feel better sooner.