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.