**Cover Your Cough**

**Why should I cover my cough?**
Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough and SARS are spread by:
- Coughing or sneezing
- Unclean hands
These illnesses spread easily in crowded places where people are in close contact.

**How do I stop the spread of germs if I am sick?**
1. Cover your nose and mouth with a tissue every time you cough or sneeze.
2. If you don't have a tissue, sneeze or cough into your sleeve.
3. Throw the used tissue in a waste basket.
4. After coughing or sneezing, always clean your hands with soap & water or an alcohol-based hand cleaner.
5. Stay home when you are sick.
6. Do not share eating utensils, drinking glasses, towels or other personal items.

**How can I stay healthy?**
- Clean your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Get vaccinated! Influenza (flu) and pneumococcal (pneumonia) vaccines can prevent some serious respiratory illnesses.

**When you are at the clinic or hospital:**
- Cover your cough or sneeze with a tissue and dispose of the used tissue in the waste basket.
- Clean your hands with soap and water or an alcohol-based hand cleaner.
- You may also be asked to wear a mask to protect others.