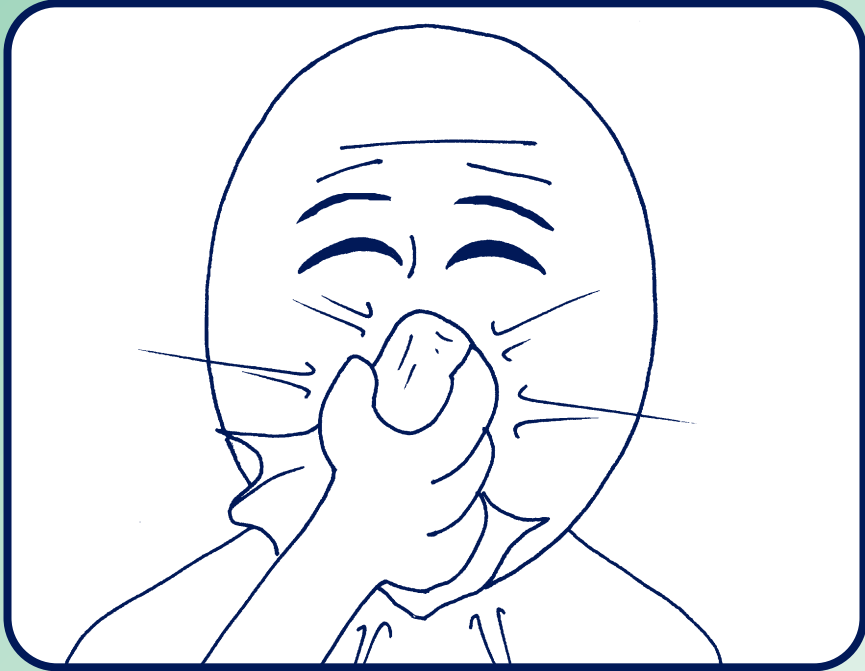


Stop Spreading **GERMS**

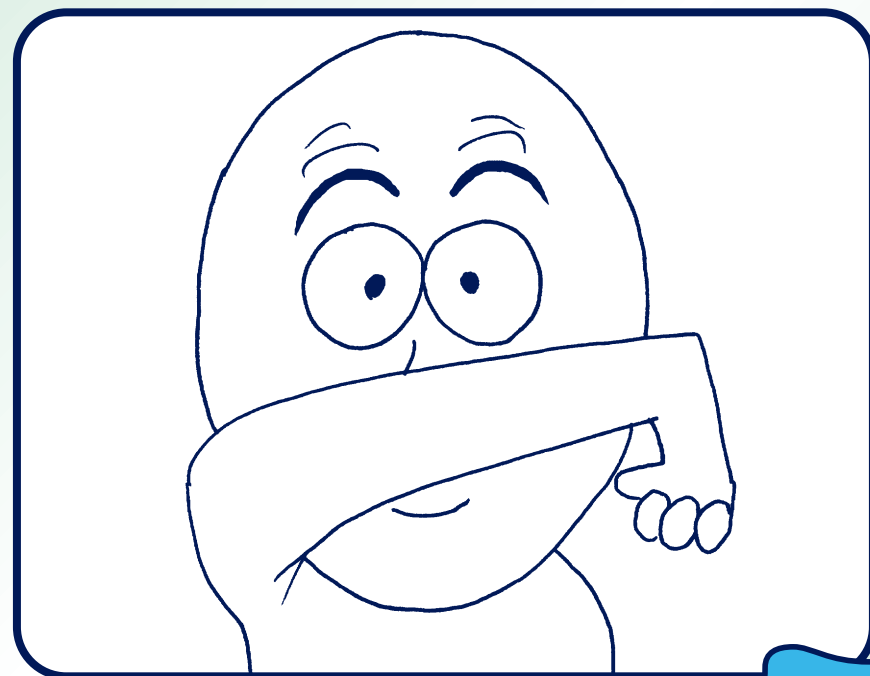
1

COVER YOUR COUGHS & SNEEZES



Use a tissue to cover your mouth and nose when you cough or sneeze

-OR-



Cough or sneeze into your upper sleeve, not your hands

WASH YOUR HANDS

(after coughing or sneezing)



Scrub hands for 20 seconds with soap and warm water

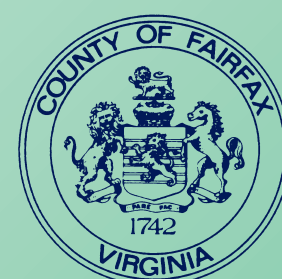
-OR-

If you can't find soap and water, use an alcohol-based hand cleaner



When to wash hands...

- ✓ Frequently throughout the day
- ✓ After coughing or sneezing
- ✓ Before eating or preparing food
- ✓ After using the bathroom
- ✓ After changing a diaper
- ✓ After petting animals
- ✓ After touching public doorknobs or door handles



YOUR HEALTH IS IN YOUR HANDS
WASH

FAIRFAX COUNTY HEALTH DEPARTMENT
FAIRFAX, VIRGINIA

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