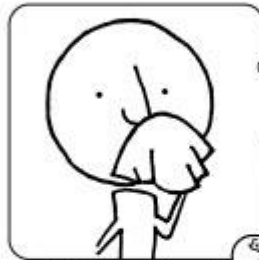


Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or

cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



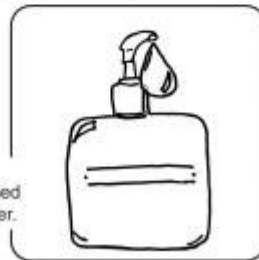
Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or
clean with alcohol-based hand cleaner.



Illinois Department of Health
11100 Oakwood Drive
Springfield, IL 62762
618.205.2424 or 1-877-89-5434
www.health.state.il.us



How to wash and dry hands

- > Remove jewellery and cover abrasions



- > Wet hands with warm water, then apply soap



- > Lather for 10-15 seconds



- > Rinse hands under running water



- > Dry hands with clean towel



During the lather, pay particular attention also to backs of hands and fingers, fingernails, fingertips and the webbing between fingers



Australian Government
Department of Health and Ageing

How to clean hands using an alcohol-based liquid or hand rub

- > Remove jewellery
and cover abrasions



- > Use water or a wet wipe
to remove visible soiling



- > Dispense product
into dry hands



- > Rub all surfaces of
hands for one minute



When rubbing, pay particular attention also to backs of hands and fingers, fingernails, fingertips and the webbing between fingers



Australian Government
Department of Health and Ageing

Stop Germs, Stay Healthy!

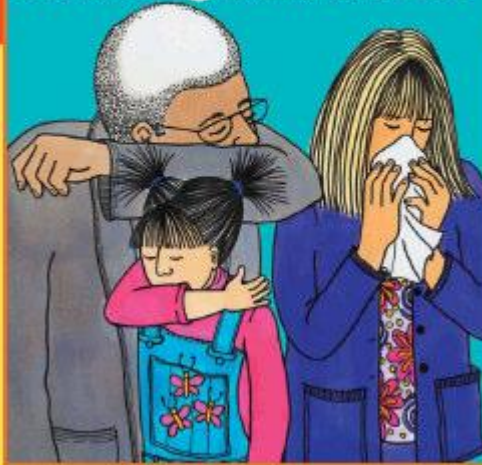
Wash hands
often for
20 seconds



Can't wash?
Use alcohol-based
hand sanitizer



Cover coughs and sneezes



When sick, stay home



¡Detenga los gérmenes, manténgase saludable!

- Lávese las manos frecuentemente por 20 segundos
- Use gel a base de alcohol, si no se puede lavar las manos
- Cubra su boca al toser y estornudar
- Quédese en casa cuando esté enfermo

 **Public Health**
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.

 **King County**

www.metrokc.gov/health
206-296-4600

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