



Send em' Packing!

Keep germs from attacking

Why should I cover my cough?

Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and Severe Acute Respiratory Syndrome (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?

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw used tissue in a waste basket.
- If you don't have a tissue, sneeze or cough into your sleeve.
- After coughing or sneezing, always clean your hands with soap & water, or an alcohol-based hand cleaner.
- Stay home when you are sick.
- Do not share eating utensils, drinking glasses, towels, or other personal items.
- Wear a mask if you are asked at a clinic, hospital, nursing home or other places. This helps to protect other people from getting your illness.

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.



Public Health and Social Services
412 Lilly Rd. NE
Olympia, WA 98506-5132
(360) 867-2500
FAX (360) 867-2501
TDD (800) 658-6384
<http://www.co.thurston.wa.us/health>