

# We Need Your Help to Stop the Spread of Infections

Please Do Not Visit Patients if You Are Feeling Sick, Running a Fever, Coughing, Sneezing or Experiencing Chills

## Take These Steps Everyday to Protect Your Health

- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- **Wash your hands often** with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.



What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick, limit your contact with other people as much as possible. Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket. Then, clean your hands, and do so every time you cough or sneeze.

- **Avoid touching your eyes, nose or mouth.** Germs spread this way.
  - **Stay home if you are feeling ill** and are experiencing fever, chills, headache, upper respiratory tract symptoms (cough, sore throat, runny nose, shortness of breath), muscle aches, vomiting, or diarrhea until you have been symptom-free for 24 hours. This is to keep from infecting others and spreading the virus further.
- Infection Prevention and Control and Employee Health are available to answer any questions that you may have.

