

Cough and Sneezing Etiquette

Influenza is primarily spread when infected people cough, sneeze or talk, sending infectious droplets into the air and into contact with other people. It can also be spread by touching contaminated surfaces and then touching your nose, mouth or eyes. Reducing droplets in the air and on surfaces will slow the spread of the disease.

- ◆ Cover your mouth and nose with a tissue when coughing or sneezing
- ◆ Use a tissue when wiping your nose
- ◆ Throw the tissue in the trash
- ◆ Wash your hands or use an alcohol-based hand cleaner
- ◆ If you don't have a tissue, cough or sneeze into your elbow
- ◆ While coughing and sneezing, move at least 6 feet away from others
- ◆ Place a mask over mouth and nose if you have cold symptoms or a cough is present

By changing your behavior when you cough or sneeze, you can stop the spread of germs. To protect yourself, wash your hands often. Break the habit of touching your mouth, eyes or nose to keep germs from entering your body.

While the government, your employer and other groups are working hard to prepare for pandemic flu, you must be in charge of your own safety. These are simple steps that you can take to help protect against the spread of flu.



Cover your mouth and nose when you sneeze or cough.