Stop the Spread of Germs

Tell your health care provider immediately if you have any of these symptoms: fever, headache, tiredness, dry cough, sore throat, nasal congestion or body aches

Cover Coughs and Sneezes

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

  or

- Cough or sneeze into your upper sleeve, not your hands

- Drop your used tissue in a waste basket

If Asked, Wear a Mask

- Secure ties behind head or place elastic bands behind ears
- Fit flexible band at top of mask to bridge of nose
- Fit mask snug to face and below chin

Clean Your Hands

- Wash with soap and water for at least 15-20 seconds

  or

- Clean with alcohol-based hand cleaner

  Especially:

  - After using the restroom
  - After sneezing or blowing nose
  - Before touching food
  - Before touching your eyes, mouth or nose

USACHPPM
Readiness thru Health

http://usachppm.apgea.army.mil