Fight Germs and Stay Healthy

If you have a cold or flu:
Avoid close contact when possible

- Germs are transmitted by sneezing, coughing and even while speaking

Cover your cough or sneeze

- Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing
- Throw used tissue in the trash

Wash your hands often

- Always wash your hands before eating and after using the latrine
- Wash hands for at least 15-20 seconds with warm, soapy water or alcohol-based gel

Avoid touching your eyes, nose or mouth

- Germs are often spread when people touch something contaminated with germs (for example, other people's hands or smooth surfaces) and then touch their own eyes, nose or mouth

USACHPPM
Readiness thru Health

http://usachppm.apgea.army.mil

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