

# 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



<http://usachppm.apgea.army.mil>