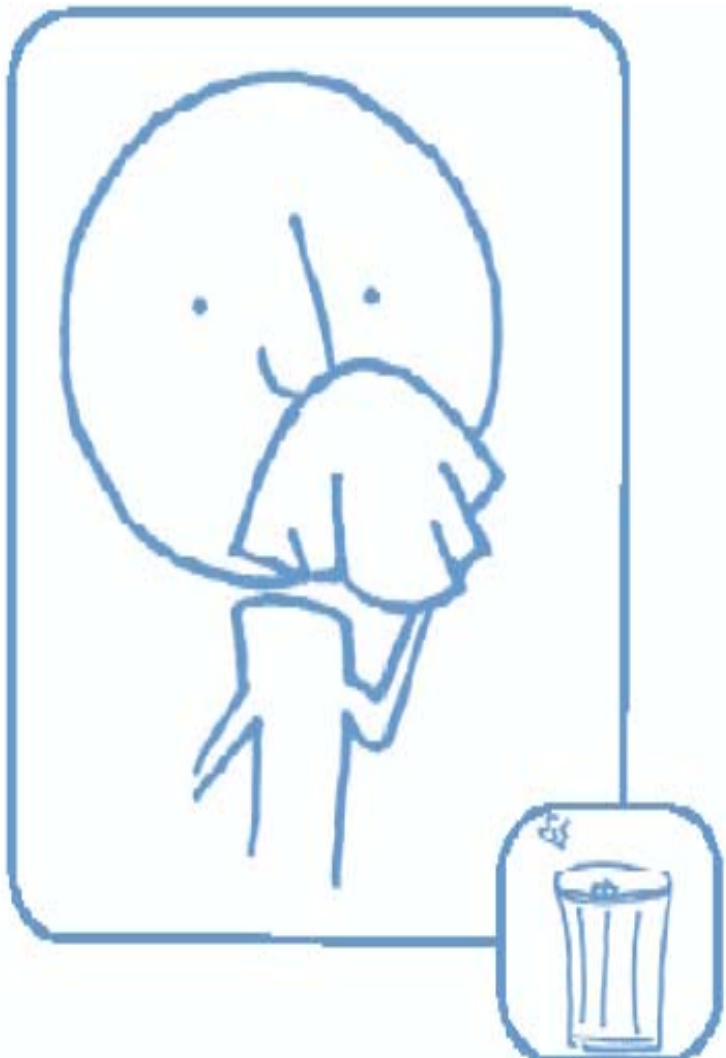


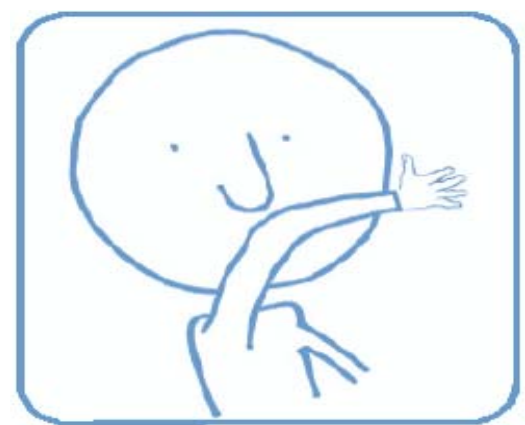
Sharing is great, but not when it comes to germs.
Stop sharing germs by remembering these simple rules.



Cover your cough and sneezes.

Germs spread easily from person to person through coughing and sneezing. Stop sharing these germs by covering your nose and mouth when you cough or sneeze. Or cough or sneeze into your upper sleeve, not your hand.

And throw your tissues away.



Stay home when you are sick.

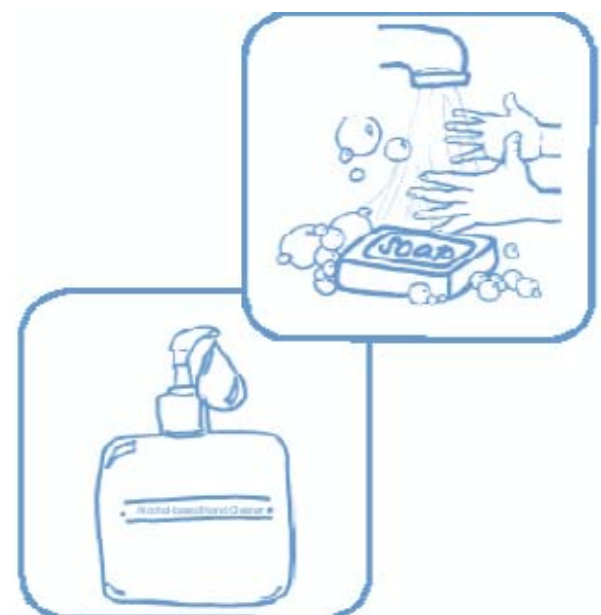
When you're feeling sick, do yourself and those around you a big favor. Stay home.

Avoid close contact with people who are sick. And when you're feeling sick, stay away from other people.

Wash your hands.

Stop the spread of germs by keeping hands clean. This protects other people from your germs and protects you from other people's germs.

Wash your hands often with soap and water or use an alcohol-based hand cleaner.



To learn more call the Atlantic County Division of Public Health at 609-645-5853 or visit us online at www.aclink.org/publichealth.

