

# Do YOUR PART to stop the spread of germs

Serious respiratory illnesses like the flu, H1N1 (Human Swine Virus), respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:



**COUGHING!**

**SNEEZING!**

**UNWASHED HANDS!**



Please help stop the spread of germs by:

- **NOT** visiting anyone in a hospital or healthcare facility when you are sick
- **Covering your mouth and nose with a tissue** when you cough or sneeze
- **Coughing or sneezing into your sleeve** (crook of your arm)...not your hand
- **Using a tissue** and placing used tissues into a waste basket
- **Cleaning your hands** after coughing or sneezing with one or two squirts of alcohol-based hand cleaner
- **Staying home from work or school** if you are sick. Limit contact with others.
- **Seeing your health care provider** if your symptoms become worse. Call ahead to let them know you have fever or cough.

For more information visit: [www.viha.ca](http://www.viha.ca)