

Coughs and Flu - What You Can Do

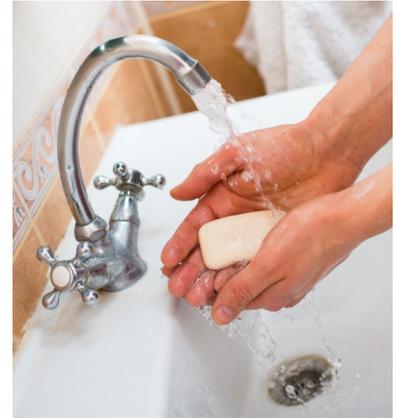
Why are we concerned about spreading germs?

Respiratory illnesses, like colds and flu, are caused by viruses that infect your nose, throat, and lungs. These viruses spread from person-to-person through coughs and sneezes and affect millions of people every year.

How can you stop the spread of germs when you are sick?

When you have a respiratory illness you can decrease the chance of spreading germs by:

- Staying home from work, school, or other public places for at least 24 hours after your fever is gone
- Coughing or sneezing into a tissue or your sleeve - throw away used tissues then wash your hands
- Washing your hands with soap and warm water after coughing, sneezing, or blowing your nose



How can you avoid germs when you are out in public and around people who may be sick?

- Wash your hands before eating, touching your eyes, nose, or mouth - wash with warm water and soap for 15 to 20 seconds
- Use alcohol-based hand wipes or gel sanitizers if you do not have soap and water - rub hands together until dry
- Wash your hands after touching anyone who is sneezing, coughing, or blowing their nose
- Don't share towels, lipstick, toys, or other items that might have been touched or used by someone who is sick
- Clean and disinfect surfaces at home, work or school, especially when someone is ill
- Get your flu shot

For more information: www.cdc.gov/flu/protect/covercough.htm



11/13



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