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 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, shaking hands or touching smooth surfaces) and then touch their eyes, nose or mouth.

USACHPPM
Readiness thru Health

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http://chppm-www.apgea.army.mil/