



COUGHS & SNEEZES SPREAD DISEASES

Everyday Preventative Practices



Stay home when sick.

Stay home for at least 24 hours after you no longer have a fever without the use of medicines.



Cover coughs and sneezes.

Limit the spray of germs by covering your coughs and sneezes with a tissue. Throw away used tissues.



Wash hands often.

- Wash your hands with soap and hot water for 20 seconds.
- If handwashing isn't available, use hand sanitizer that is at least 60% alcohol-based.



Clean surfaces.

- Clean frequently touched surfaces and objects with a disinfectant spray or wipe.



Avoid touching face.

- Once contaminated, hands can transfer germs to your eyes, nose and mouth, making you sick.

Do your part to slow the spread of germs!



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MINNESOTA

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