

GENERAL PUBLIC INFORMATION

RESPIRATORY HYGIENE

Stop the spread of germs that
make you and others sick.



Why should I cover my cough & sneeze?

- Illnesses like flu and colds are spread by:
 - Coughing or sneezing
 - Unclean hands
- These illnesses spread quickly in crowded places where people have close contact.

How do I stop the spread of germs?

- Cover your nose and mouth against your sleeve or shoulder.
- Use a tissue to cover your mouth and nose during coughing and sneezing.
- Throw the used tissue in a waste basket right away.
- Turn your head away from others when coughing or sneezing.
- After coughing or sneezing, always clean your hands with soap & water or a hand sanitizer.
- If you have a new cough, shortness of breath and fever protect others by staying away from them.
- If your cough or fever lasts, call your health care provider.
- Stay home when you are sick and take care of yourself.
- Do not share cutlery, drinking glasses, towels or other personal items.



How can I stay healthy?

- Clean your hands often with soap and water or hand sanitizer.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with sick people.
- Get vaccinated! Talk to your health care provider to see what's right for you.

When you are at a clinic or health care facility

- Practice respiratory hygiene.
- You may also be asked by your health care provider to wear a mask to protect others.
- Don't worry if you see staff and other people wearing masks. They are trying to stop the spread of germs.

For more information

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