Don’t Share
Keep germs from spreading

Wash hands often and well with soap and water or use hand sanitizers.
Cover your cough.
Cover your sneeze with a tissue or your sleeve.
Stay home if you are sick.

Good Health Manners will help keep germs from spreading!
- Stay at home if you are sick.
- Cover your mouth and nose with tissues every time you sneeze or cough.
- Put used tissues into the trash.
- Wash your hands well and often with soap and water.

For more information on Good Health Manners and infection control:
HealthVermont.gov