

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



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