

# Asymptomatic Spread

**Infected people can spread germs even when they don't look or feel sick.**

This is known as asymptomatic spread. Some people never experience symptoms of illness and still spread infection. Others may spread germs before their symptoms start.

**Here's how you can protect yourself and others:**

- Wash your hands or use hand sanitizer before you touch your eyes, nose or mouth.
- Cough into your elbow — not your hand.
- Sneeze into a tissue.
- Wear a mask if you have symptoms.
- Get vaccinated.

**Go to [hhs.iowa.gov/projectfirstline](https://hhs.iowa.gov/projectfirstline) for more ways to stay healthy.**



**PUT**  
INFECTION  
CONTROL  
**FIRST**