

Protect Yourself from Respiratory Droplets

Tiny drops of water in our breath, also known as respiratory droplets, can contain germs. When sick people breathe, cough, talk, or sneeze, they can spread germs through their respiratory droplets.

Healthy people pick up germ-carrying droplets by:

- Breathing in germ-carrying droplets.
- Touching surfaces with germ-carrying droplets, then touching their eyes, mouth, or nose.

Go to hhs.iowa.gov/projectfirstline for more ways to stay healthy.

HOW TO STOP THE SPREAD OF GERMS:



Keep your distance from others.



Cough in your elbow — not your hand.



Wear a mask if you feel sick.



Sneeze into a tissue.



Clean your hands.