

Stop Germs!



Source control is stopping germs where they start **BEFORE** they spread to other people like our grandparents, friends and kids.

Germs travel on respiratory drops that come out of your mouth and nose. **By covering your mouth and nose**, you can **prevent** germs from spreading.

Source Control Measures



Covering your mouth with a mask



Sneezing into a Tissue



Coughing into your elbow



Coughing and sneezing into your hands is **not source control** because germs get on your hands and spread to everything you touch.