

Stop Germs from Spreading to Others

Germs travel on respiratory droplets that come from your mouth and nose. If you're sick, it's important to stop germs before they spread to other people — also known as source control.

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



**PUT
INFECTION
CONTROL
FIRST**

HERE'S HOW YOU CAN CONTROL GERMS:



Wear a mask when you feel sick.



Sneeze into a tissue.



Cough into your elbow.

Note: Coughing or sneezing into your hands is NOT source control. When germs get on your hands, they'll spread to everything you touch.