

Stop germs in their tracks.

Germs are everywhere, but you can prevent them from spreading.

Want to help keep yourself and others healthy? Here are things you can do to prevent germs from spreading:

- **Sneezing into a tissue**
- **Coughing into your elbow**
- **Washing your hands** with soap and water for at least 20 seconds





Put infection control first.

From patients to providers — we can all do our part to stop germs from spreading.

- **Practice good hand hygiene.**
 - Wash your hands with soap and water for at least 20 seconds.
 - OR**
 - Use hand sanitizer and rub into your hands until dry. Don't dry hands with a towel.
- Sneeze into a tissue.
- Cough into your elbow.
- Avoid touching your eyes, nose and mouth.

Patients — talk to your healthcare provider about more ways to stop germs from spreading.

