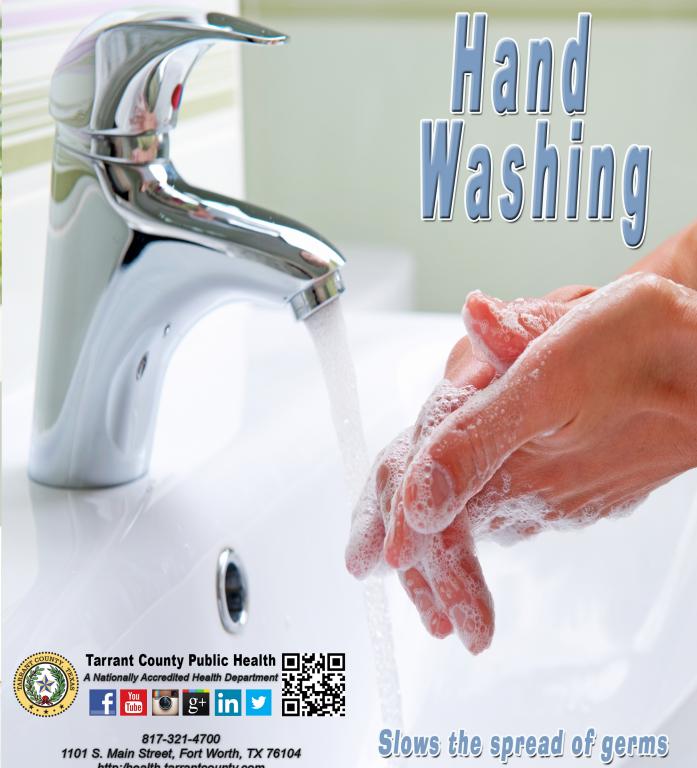
Cover coughs and sneezes

- Use a tissue or your upper sleeve - not your hands. Put the used tissue in a wastebasket. Then wash your hands.
- Keep your hands away from your nose mouth and eyes.
- Avoid close contact with others if you are feeling ill - and stay at least three feet away from a person who is coughing or sneezing.

Cut down on coughs and sneezes with a flu shot every year

An annual flu shot helps build immunity to seasonal flu.





http://health.tarrantcounty.com

Handwashing ISEASE SANTATION HEALTH PETS TOUCHING PRESUNT IN MAILS PRESONAL WIPES SANTATION HANDLING CHEMICAL STATEMATION HANDLING CHEMICAL STATEMATION HANDLING CHEMICAL STATEMATION HANDLING CHEMICAL STATEMATION HANDLING CHEMICAL FINGERS & RUB AIR DRY ACTOR OF THE PARTY HANDSON HANDLING CHEMICAL FINGERS & RUB AIR DRY ARTHUR HEALTH TOILETSNEEZE GERMS VIRISES SPITE BACTERIUM INFECTIONS GERMANE PRESENTATION HANDLING CHEMICAL FINGERS & RUB AIR DRY WARNING HANDLING CHEMICAL TOWN HAN

Did you know:

- One of the most common ways people catch colds is by rubbing their nose or eyes after touching someone or something that is contaminated with the cold virus (like rhinovirus).
- A virus can be transferred from a dry, laminate surface to a clean hand for as long as 20 minutes after the surface was contaminated?

Colds, the flu and your hands

- When a person coughs or sneezes, droplets that contain the rhinovirus become airborne.
- Droplets stay on your hands if you cough or sneeze into your hands and don't wash them.
- Droplets enter the mouths or noses of people nearby.
- Droplets land on surfaces that people touch before touching their nose, mouth or eyes.

