

**It may** sound silly. It may seem unnecessary.

But things as simple as using a tissue, covering sneezes and coughs and keeping your hands clean can make a big difference in your health.

You see, common colds and more serious illnesses like flu, whooping cough and SARS spread easily through coughing, sneezing and germs on hands.

Whenever people are together, especially in crowded places, germs spread easily.

When it comes to being sick, it's okay to **stop sharing!**

Protect yourself and those you love by remembering the simple rules in this brochure.

To learn more about staying healthy, visit the Atlantic County Division of Public Health web site at [www.aclink.org/publichealth](http://www.aclink.org/publichealth) or call 609-645-5853.

## Atlantic County Division of Public Health

*Working for  
Healthy People and  
Healthy Communities*

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[www.aclink.org/publichealth](http://www.aclink.org/publichealth)

Community Health  
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Environmental Health  
609-645-5971

Health Planning, Information  
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609-645-5853

Substance Abuse Services  
609-645-5932



Dennis Levinson  
Atlantic County Executive

Atlantic County Board of  
Chosen Freeholders  
James Curcio, Chairman

# Stop Sharing

**Simple tips to help you  
stop sharing germs and  
keep yourself healthy**



**Atlantic County  
Division of Public Health**

# Sharing is great, but not when it comes to being sick. Stop sharing germs by remembering these simple rules.

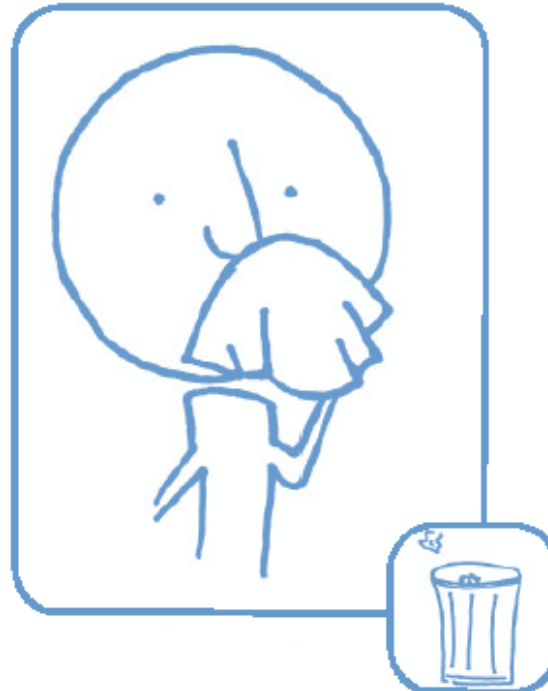
## Cover your coughs and sneezes.

Germs spread easily from person to person through coughing and sneezing.

Stop sharing these germs by covering your nose and mouth when you cough or sneeze.

And throw your tissues away.

Or cough or sneeze into your upper sleeve, not your hand.

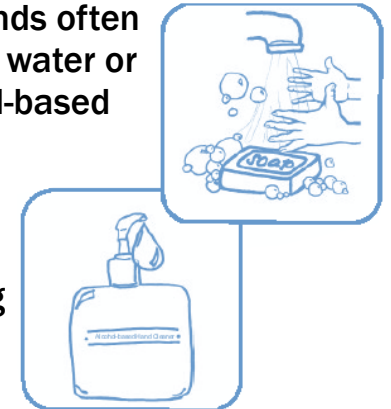


## Wash your hands.

Stop the spread of germs by keeping hands clean. This protects other people from your germs and protects you from other people's germs.

Wash your hands often with soap and water or use an alcohol-based hand cleaner.

Also remember to avoid touching your eyes, nose and mouth.



## Stay home when you are sick.

When you're feeling sick, do yourself and those around you a big favor.

Stay home.

Avoid close contact with people who are sick. And when you're feeling sick, stay away from other people.

## Get a flu shot if you are at risk.

Flu can be life-threatening—especially if you have other health problems. Everyone age 50 and older and people with conditions like diabetes, asthma or heart disease should get a flu shot.