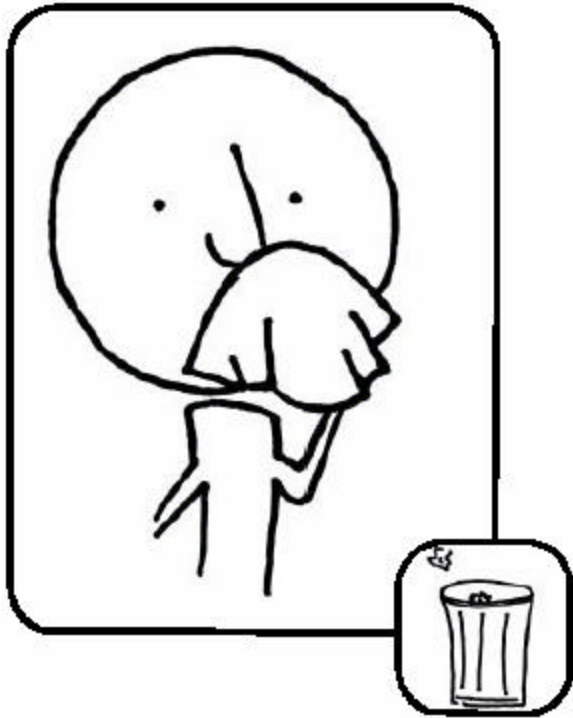


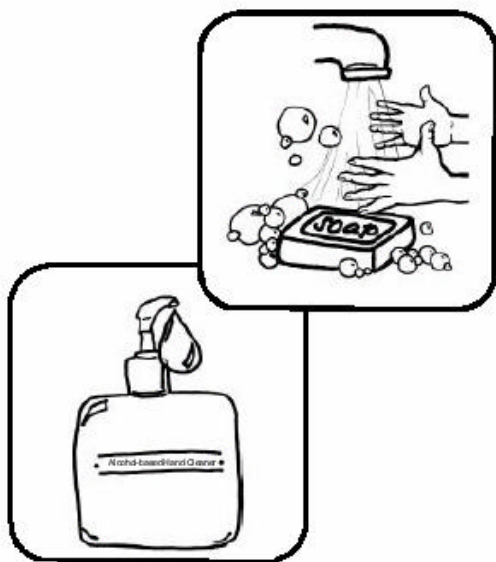
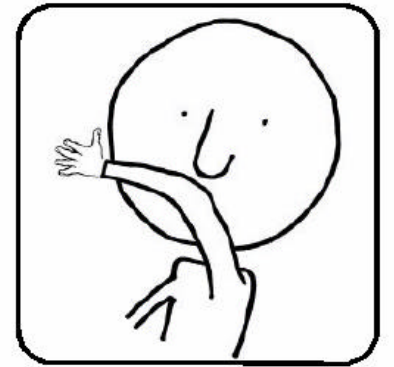
Stop Sharing

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



Cover your coughs and sneezes.

And throw your tissues away. Or cough or sneeze into your upper sleeve, not your hand.



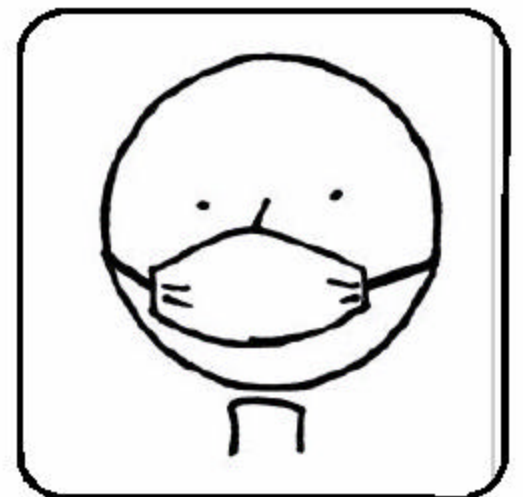
Wash your hands

Stop the spread of germs by keeping hands clean.

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

Wear a mask if your doctor asks.

Don't be surprised if the doctors and nurses you see wear masks. They are preventing the spread of germs. You may be asked to wear a mask too.



***Provided by the Atlantic County Division of Public Health:
Working for Healthy People and Healthy Communities***

