

****ATTENTION ALL STAFF****

STOP BUGS DEAD IN THEIR TRACKS!



STOP THE SPREAD OF BUGS THAT MAKE YOU AND YOUR PATIENTS SICK:

Respiratory illnesses like colds, flu and SARS are spread by coughing, sneezing and unclean hands.



1. Cover your nose and mouth when you sneeze or cough. Cough or sneeze into a tissue such as a Kleenex ® and throw it away in a waste basket, or, if you do not have a tissue, sneeze or cough into your hands.



2. Immediately after sneezing or coughing, clean your hands with soap and water or an alcohol hand rub.



TO STAY HEALTHY:

1. Wash your hands frequently. Keeping your hands clean is the most important thing you can do for yourself and your patients.



2. Do not share eating utensils, drinking cups, water bottles, towels or other personal items including lip balm, lipstick, toothbrushes, etc.

3. Make sure you get immunized for influenza, if possible.

