

****ATTENTION PATIENTS & VISITORS****

STOP SPREADING GERMS!



IF YOU ARE FEELING SICK - ESPECIALLY IF YOU ARE COUGHING OR SNEEZING - DO NOT VISIT PEOPLE IN THE HOSPITAL. Please stay home until you feel better.

If you have a cough, please let the staff know.

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE 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 upper sleeve, not into your hands.



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



3. To protect others from getting your germs, you may be asked to wear a mask if you are coughing or sneezing.

TO STAY HEALTHY:

1. Wash your hands frequently. Keeping your hands clean is the number one thing you can do to avoid spreading germs!
2. Do not share eating utensils, drinking cups, water bottles, towels or other personal items including lip balm, lipstick, toothbrushes, etc.
3. Talk to your doctor about vaccinations particularly the influenza vaccine.

