



Healthy Respiratory Practices

Stop the spread of infections that make you and others sick!

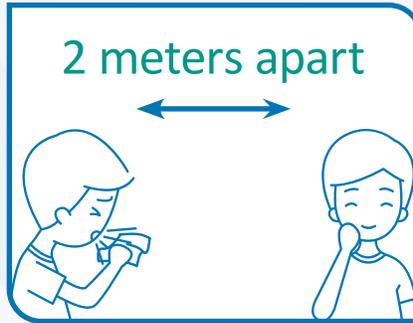
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things you can do to protect yourself and those around you.



Stay home if you are sick

If you must go out wear a mask especially if you are in a waiting room or in large crowds.

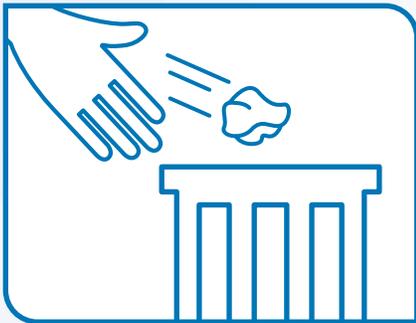


If you are sick, avoid close contact with others



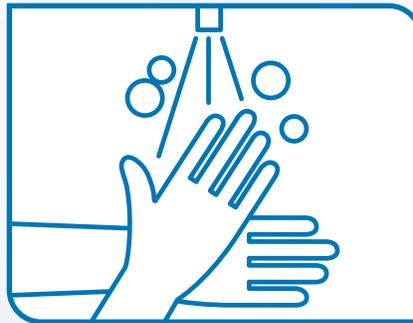
Turn & Cover

Turn and cover your nose and mouth for every cough or sneeze with a disposable tissue. If not available, cough or sneeze into your elbow.



Throw used tissues in the garbage

If no garbage, use small plastic bag to put used tissues until you can put them in a garbage.



Wash your hands

Wash your hands after coughing, sneezing or blowing your nose. Use alcohol based sanitizer if no soap immediately available.



Clean/Disinfect

In your home, clean/disinfect any surfaces or objects you or others might have touched while sick.