Cover your mouth when you cough or sneeze—
If you use your hands, then wash them please.

About to sneeze?

Use a tissue, or cover up

Put it into the trash.

Wash your hands!

Good Health Manners will help keep illness from spreading!

- Stay at home if you are sick.
- Don't share cups or straws.
- Cover your mouth and nose with tissues every time you sneeze or cough.
- Put used tissues into the trash.
- Wash your hands well and often with soap and water.
- Don't smoke around children.

For more information on Good Health Manners and infection control: **HealthVermont.gov**

Endorsed by the Vermont Infection Control Professionals

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