DON'T SPREAD IT AROUND!

HELP STOP THE SPREAD OF GERMS THAT CAN CAUSE COLDS, THE FLU, AND EVEN SARS!

When you go to a doctor or hospital, always notify the reception area immediately if you have any flu-like symptoms (cough, fever, difficulty breathing, and/or muscle aches).

- **Cover your nose and mouth with a tissue whenever you cough or sneeze.**
- **Dispose of used tissues in the trash.**
- **Wash your hands with soap and hot water, or use a waterless hand cleanser.**

If you get a respiratory infection, your doctor might suggest you wear a surgical mask to cover your mouth and nose, and keep germs from spreading.

Pub. #8000 012/03

FIND OUT MORE AT: www.health.state.ny.us