When you are at a clinic or hospital:

• You may be asked to wear a mask to protect others.
• Don’t worry if you see staff and other people wearing masks. They are stopping the spread of germs.
• Cover your cough or sneeze with a tissue and throw the used tissue in the garbage.
• If you don’t have a tissue, cough or sneeze into your sleeve—not your hands.
• Clean your hands with soap and water or an alcohol-based hand cleaner.

For more information:

Contact your local health department or the Oregon Department of Human Services Public Health Division

Tips for preventing the spread of illness, from your local health department
Why should I cover my cough?

• Serious sickness, like flu, is spread by coughing or sneezing and unclean hands.
• Flu spreads easily in crowded places where people are in close contact.

How do I stop the spread of germs if I am sick?

• Cover your mouth and nose with a tissue when you cough or sneeze.
• If you don’t have a tissue, cough or sneeze into your sleeve—not your hands.
• After coughing or sneezing, always clean your hands with soap and water or an alcohol-based hand cleaner.

How can I stay healthy?

• Clean your hands often with soap and water or an alcohol-based hand cleaner.
• Avoid touching your eyes, nose or mouth.
• Avoid close contact with people who are sick, if possible.
• Get a flu shot! Flu shots can help keep you from getting sick.

Put your used tissue in the trash.