



# Healthy Respiratory Practices

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

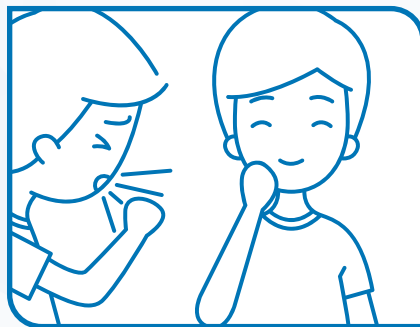
6

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.

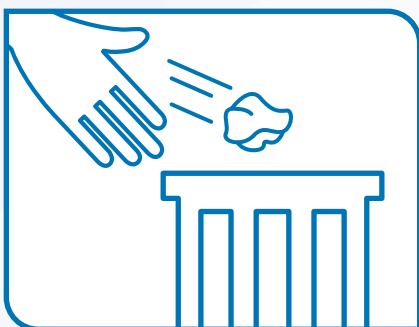


## If you are sick, avoid close contact with others



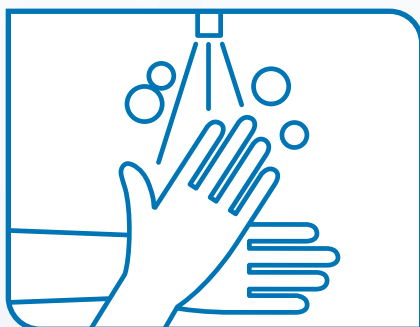
## Turn & Cover

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.