

Do YOUR PART to stop the spread of germs in health care facilities

Serious respiratory illnesses like the flu, H1N1 (Human Swine Virus), respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:



COUGHING!

SNEEZING!

UNWASHED HANDS!



Please help stop the spread of germs by:

- **NOT** visiting patients or residents when **you** are sick
- **Wearing a surgical mask** if you come to a health care facility and you have cold or flu symptoms
- **Covering your mouth and nose with a tissue** when you cough or sneeze
- **Coughing or sneezing into your sleeve** (crook of your arm)...not your hand
- **Using a tissue** and placing used tissues into a waste basket
- **Cleaning your hands** after coughing or sneezing with one or two squirts of alcohol-based hand cleaner
- Remembering to **use alcohol-based hand cleaner before** putting your mask on **and after** taking your mask off

For more information visit:
www.viha.ca