

# Do YOUR PART to stop the spread of germs

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!**



When you visit the health unit or clinic, please help stop the spread of germs by:

- Informing the staff that you are not well
- Wearing a mask to protect staff and others if an appointment cannot be rescheduled
- 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
- Phoning in first if sick to determine whether your appointment can be changed

For more information visit:

[www.viha.ca](http://www.viha.ca)