



the Spread of Germs!

5 things to remember



1. Wash your hands often.

Scrub with soap and water for at least 20 seconds **or** use an alcohol-based hand cleaner with at least 62% alcohol.

2. Cover your cough or sneeze.

Cover your cough or sneeze with tissue. Throw the tissue in the trash. Use your sleeve, if you don't have tissue. Wash your hands afterwards.



3. Avoid touching your eyes, nose and mouth. Germs spread this way.

4. Avoid contact with sick people, wherever possible. If you work with sick people, make sure to follow all infection control precautions.

5. Stay away from others if you are sick. If you get sick, stay at home and stay away from others so you don't spread more germs. If you are very sick, call your doctor.



This informational poster was developed by EMOHS and EOHSS with assistance from NJMS Occupational Medicine Services, NJMS Student Health Services, RWJMS Employee Health Services, RWJMS Student Health Services, SOM Employee Health Services, and SOM Student Health Services.



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