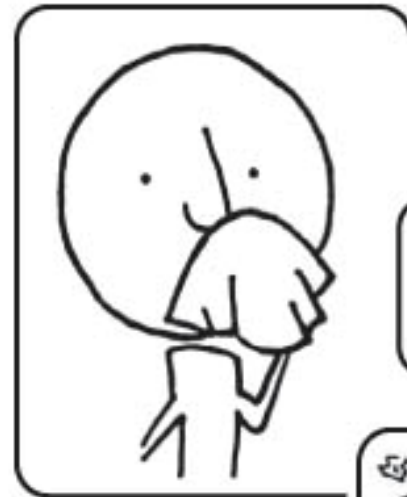


Stop the spread of germs that make you and others sick !

# Cover your Cough



Cover your mouth  
and nose with a  
tissue when you  
cough or sneeze



# Clean your Hands

after coughing or sneezing



Wash hands with  
soap and warm  
water

or  
clean with  
alcohol-based  
hand cleaner



Minnesota Department of Health  
717 SR Delaware Street  
St. Paul, MN 55101  
612-476-4212 or 1-877-476-4434  
www.health.state.mn.us



Minnesota  
Antibiotic  
Resistance  
Collaborative



Protect Yourself from Germs !

## Limit the spread of infection with good hygiene:

- ❖ Wash hands with soap and warm water or use an alcohol-based hand sanitizer before eating, after using bathroom, after changing a bandage or touching a wound.
- ❖ Never sneeze or cough into your hands, cover your nose & mouth with a tissue.
- ❖ Keep your hands away from your eyes, nose & mouth.
- ❖ Clean work surfaces and equipment after use and when soiled.
- ❖ Avoid sharing uniforms, practice or workout clothing, personal protective equipment (PPE), towels, washcloths, razors or other personal items.
- ❖ Wash clothing, bed linens and towels regularly with water and laundry detergent.
- ❖ If activities involve close skin contact with others, shower before & after activities.
- ❖ At the gym when using shared equipment, use a barrier (e.g. clothing or towel) between your skin and equipment. Make sure to clean shared equipment after use.
- ❖ Avoid contact with other people's wounds or bandages.

## Don't come to work if you are sick:

- ❖ Watch for symptoms which could signal possible illness, such as: fever, significant cough, vomiting, diarrhea, or muscle aches not related to working out or other physical activities.
- ❖ Promptly call Yale Health Center Acute Care at 432-0123 for evaluation if you exhibit these symptoms or other signs of illness.
- ❖ Rest until your symptoms have resolved. Do not return to work until you've been seen and cleared by your healthcare provider.

**If you are feeling sick or have questions, contact:  
the Yale Health Center at 432-0123**