

# Stay healthy...

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

## Cover your Cough



- 1 Cover your mouth and nose with a tissue when you cough or sneeze...
- 2 .... or you should cough or sneeze into your upper sleeve, not your hands
- 3 It's important to put your used tissue in a wastebasket as soon as you're done



When you wash your hands use warm water if it is available

- 1 Lather with soap and rub hands vigorously for 20 seconds.
- 2 Rinse thoroughly.
- 3 Dry with a clean towel.

When you clean hands with an alcohol-based handrub use enough to cover all surfaces of the hand

- 1 Put handrub on the palm of one hand.
- 2 Rub hands, covering all surfaces of hands and fingers with handrub.
- 3 Rub until dry.

## Clean your Hands



Wellness Center • *Developing Healthy Lifestyles*  
LL Koch • [wellnessctr@stthomas.edu](mailto:wellnessctr@stthomas.edu) • (651) 962-6128



Minnesota Department of Health  
111 1st. Jalavara Street  
Minneapolis, MN 55414  
612-676-5414 or 1-877-676-5414  
[www.health.state.mn.us](http://www.health.state.mn.us)



UNIVERSITY of ST. THOMAS