

# Your Health Is in Your Hands



**Respiratory hygiene**  
is a key way to  
prevent the spread  
of respiratory  
illnesses, including:

**Colds • Influenza •  
Whooping Cough  
• Coronavirus •  
and others**

- **Cover your nose and mouth** with a tissue every time you cough or sneeze. Dispose of tissues properly after use.
- **Wear a surgical mask** for medical appointments and keep at least three feet away from others if you have respiratory symptoms.
- **Wash hands often.**



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