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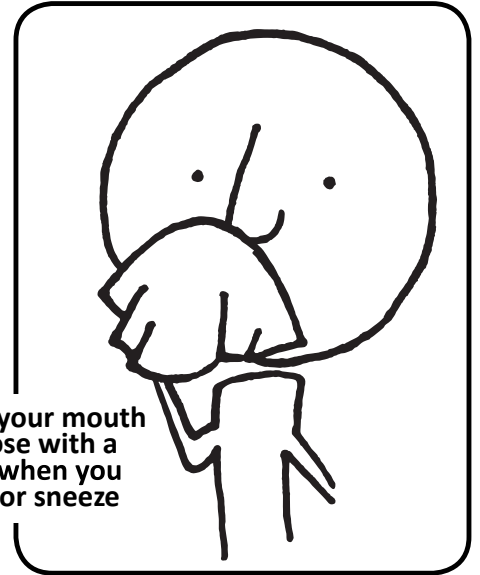
Cover your Cough
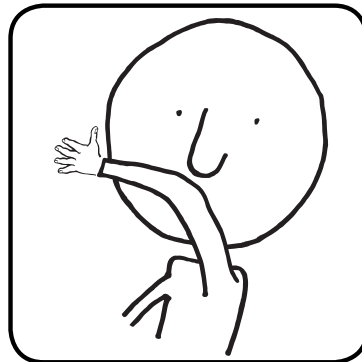

Cover your mouth and nose with a tissue when you cough or sneeze

Why you should cover your cough:

- Serious respiratory illnesses like COVID-19, flu, whooping cough and the common cold are spread by:
  - Coughing or sneezing
  - Unclean hands touching the nose, mouth or eyes
- These illnesses spread easily in crowded places where people are in close contact

How to stop the spread of germs when you are sick:

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in a trash can
- If you don't have a tissue, sneeze or cough into your sleeve (at the elbow)
- Consider wearing a mask to protect others
- After coughing or sneezing, always clean your hands with soap and water or an alcohol-based hand sanitiser
- Stay home when you are sick
- Do not share eating utensils, drinking glasses, towels or other personal items

Stay healthy:

- Clean your hands often with soap and water or an alcohol-based hand sanitiser
- Avoid touching your eyes, nose or mouth
- Avoid close contact with people who are sick, if possible
- Get vaccinated: In addition to the COVID-19 vaccine, flu and pneumonia vaccines can prevent some serious respiratory illnesses

Additional steps to stay healthy and prevent the spread of respiratory infections:

- Avoid smoking and keep your home smoke free
- Avoid crowded enclosed places where germs can be passed among people through the air
- Get extra rest - viral infections take 10 to 14 days to resolve
- Drink extra fluids - especially water
- Eat nourishing, immune-boosting foods
- Exercise regularly

Masks may be required by any business and in high risk settings, such as hospitals or clinics. Such mask mandates must be respected at all times.

DEPARTMENT OF HEALTH

GOVERNMENT OF BERMUDA
Ministry of Health

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ASSOCIATION FOR PROFESSIONALS IN INFECTION CONTROL AND EPIDEMIOLOGY, INC