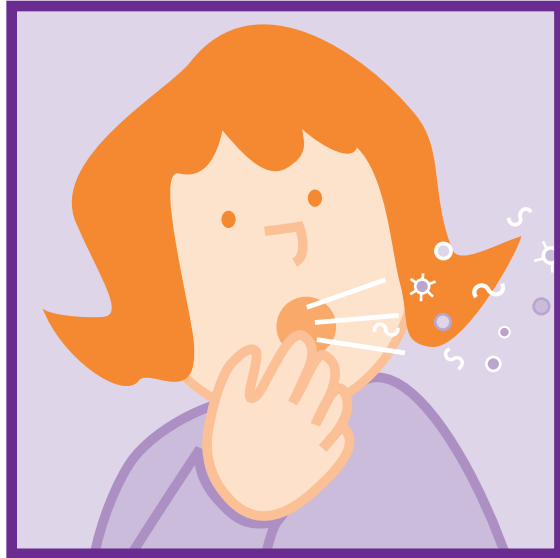


# Don't Share

## Keep germs from spreading



Wash hands often and well  
with soap and water  
or use hand sanitizers.



Cover your cough.



Cover your sneeze with a tissue  
or your sleeve.



Stay home if you are sick.

### Good Health Manners will help keep germs from spreading!

- Stay at home if you are sick.
- Put used tissues into the trash.
- Cover your mouth and nose with tissues every time you sneeze or cough.
- Wash your hands well and often with soap and water.

For more information on Good Health  
Manners and infection control:  
**HealthVermont.gov**