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.**

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

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

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