Don't Share

Keep germs from spreading

Cover your mouth and nose when you cough or sneeze.

Cover your sneeze or cough with a tissue or your sleeve.

Wash your hands often and well with soap and water or use alcohol-based hand sanitizers.

Stay home if you are sick.

Practicing good health manners will help to keep you and others from getting sick. For more information on staying healthy, visit the Connecticut Department of Public Health website at www.ct.gov/dph.

Keeping Connecticut Healthy

DPH

Connecticut Department of Public Health