



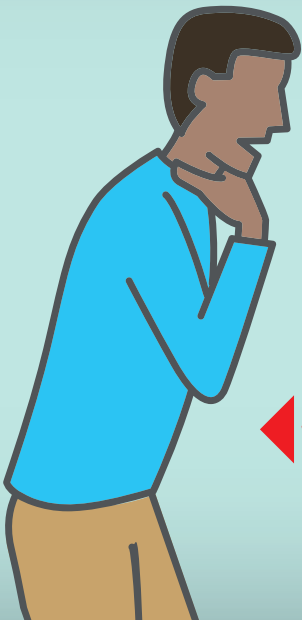
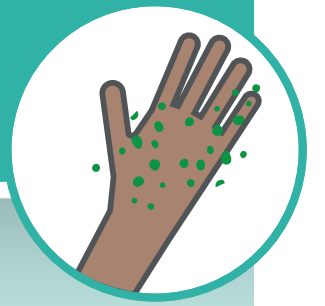
St. John Ambulance

How to PREVENT SPREAD OF GERMS

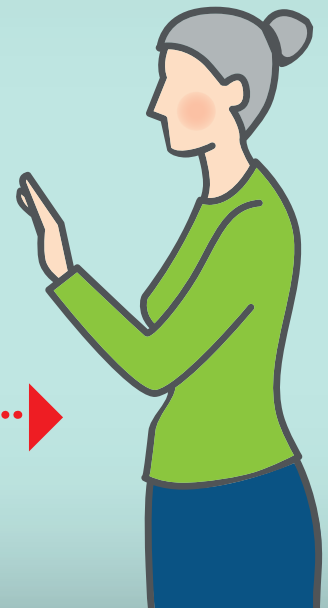
Covering your cough or sneeze is one of the most important steps to avoid spreading germs. Follow these steps to help prevent spreading germs to others in the community.



Germs are often spread by coughing or sneezing. When you cough or sneeze on your hands, your hands carry and spread these germs.



Keep your distance (more than 2 metres/6 feet) from people especially when coughing or sneezing.



2 metres / 6 feet

FOLLOW THESE STEPS TO STOP THE SPREAD OF GERMS:

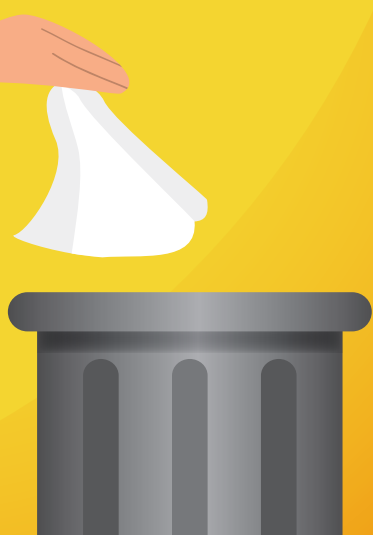
Cover your mouth and nose with a tissue when you cough or sneeze.



If you don't have a tissue, cough or sneeze into your elbow (not in your hands).



Put used tissue in the garbage.



Clean your hands with soap and water or hand sanitizer.



For more information about preventing the spread of germs, visit SJA.ca