


Coughs and Sneezes Spread Diseases

Please follow these practices when you cough and sneeze



Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may put on a mask to protect yourself or prevent the spread.




Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use a hand sanitizer.


Source: Available at: https://www.cdc.gov/oralhealth/pdfs_and_other_files/BESC4-Respiratory-Hygiene-508.pdf; Accessed on: Jan. 16, 2019.



2 WEEKS OF COUGH



FEVER



CHEST PAIN



CHILLS



WEIGHT LOSS



NIGHT SWEATS



NO APPETITE



FATIGUE

If you have any or all of these symptoms, you must visit & inform your doctor