

***Cover your  
mouth when you  
cough or sneeze -***

***If you use your  
hands, then wash  
them please.***

Good Health Manners will help keep illness from spreading!

- 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, or use an alcohol hand sanitizer.

This is a message for staff, patients and visitors from the North Carolina Division of Public Health and this hospital or health care center.

For more information on Good Health Manners and infection control:  
<http://www.epi.state.nc.us/epi/gcdc.html>

Design courtesy of Vermont Department of Health  
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**Keep illness  
from spreading!**



**If you have a fever  
with cough or rash,  
Let us know - we'll  
get you a mask.**

Tiny droplets of moisture that exit the nose or mouth when a person coughs, sneezes, or talks spread some diseases. Without meaning to, we can infect to others when these droplets come into contact with another person's nose, mouth and eyes.

Some diseases that are spread by droplets in the air include:

- |                        |               |
|------------------------|---------------|
| ■ Colds                | ■ SARS        |
| ■ Flu                  | ■ Measles     |
| ■ Whooping Cough       | ■ Rubella     |
| ■ Mumps                | ■ Chicken Pox |
| ■ Bacterial Meningitis | ■ Smallpox    |

Symptoms of these diseases often include fever with a cough or rash. We are asking people who think they may have these symptoms to wear a mask while in this facility.



North Carolina Division of Public Health