

Keep Germs to Yourself!



Cover your cough or sneezes with a tissue or your sleeve. Don't forget to throw away the tissue!

Wash your hands often - for roughly the time it takes to sing "Happy Birthday."



Stay home if you are ill - Keep your child home from school or day care if he or she has a fever or is otherwise ill.



Department of Health and Human Services
Maine Center for Disease Control and Prevention
www.mainepublichealth.gov