

YOUR HEALTH is in your hands

RESPIRATORY HYGIENE is a key way to
prevent the spread of respiratory illnesses, including:

SARS • INFLUENZA • COLDS • AND OTHERS

- Cover your nose and mouth with a tissue every time you cough or sneeze. Dispose of tissues properly after use.
- Wear a surgical mask or keep at least 3 feet away from others if you have respiratory symptoms.
- Wash your hands often.

Visit www.state.ma.us/dph for additional information on respiratory illnesses.

