



STOP THE SPREAD OF GERMS

COVER YOUR COUGH

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



cough or sneeze into your upper sleeve, not your hands



WASH YOUR HANDS AFTER COUGHING OR SNEEZING



Washing hands with soap and warm running water is most effective



Or use alcohol-based hand sanitizer when soap and water not available

NURSE ON CALL PUBLIC HEALTH INFORMATION 800.848.5533 NOC@OAKGOV.COMOAKGOV.COM



The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.