

Prevent the spread of illness



Public Health
Santé publique
SUDBURY & DISTRICTS

Quick tips to stop germs in their tracks.

1 Wash your hands often

Handwashing is the best way to prevent the spread of illness. When soap and water are not available, use hand sanitizers with an alcohol content of at least 60%. Remember to scrub for at least 15 seconds! Handwashing is particularly important before you eat.



2 Cover your mouth and nose

Use a tissue, or cough or sneeze into your sleeve, if a tissue is not available. Throw used tissues into the garbage right away.



3 Get vaccinated

Make sure you and your family are up-to-date on your vaccinations. Remember to get the annual influenza vaccine.



4 Don't touch your face

Touching your face increases the chance of spreading germs to your nose and mouth and causing an infection.

5 Stay home when you're feeling sick

It is important to stay home when you are feeling ill. This includes avoiding work, school, daycare, or extra-curricular activities.

6 Clean and disinfect

Clean and disinfect frequently used areas and objects in your home, daycare, office, and classroom to help prevent the spread of germs (door handles, light switches, toys, etc.).



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