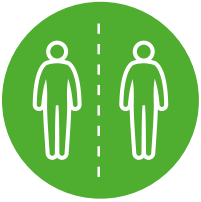


COUGH AND SICKNESS ETIQUETTE



Use a tissue to cover your mouth and nose every single time you cough or sneeze. If a tissue is not available, cough into your elbow. NEVER cough into your hands or open air.

- Coughing into the air can send germs as far as three to six feet in front of you.
- Coughing into your hand could transfer germs from place to place when you touch something else.



Always turn your face away from people around you when coughing or sneezing.



Place your used tissue in the trash can immediately.



Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Don't touch your mouth, nose, eyes or ears. If you do, immediately wash your hands.



Sanitize surfaces you may have coughed on or touched with contaminated hands.



Refrain from shaking hands or hugging if you're sick.



Cover your mouth and nose with a cloth face cover when around others.

Lima Memorial
HEALTH SYSTEM

Affiliate of ProMedica

COVID-19

(CORONAVIRUS)

INFORMATION



