



# HELP STOP THE SPREAD

## 3 Steps to Stop the Spread of Germs



### COVER YOUR SNEEZE AND COUGH

Sneeze into your elbow, not your hand. Please, when you feel a sneeze or a cough coming on, cover your mouth, this prevents the spread of infectious germs.



### WEAR A MASK

Please wear a mask if you have a fever, are coughing, sneezing, have a runny nose or are having difficulty breathing. If we notice these symptoms we may ask that you place one over your nose and mouth.



### WASH YOUR HANDS FREQUENTLY

Wash hands often with soap and warm water for 15 seconds. If soap and water are not available, use an alcohol-based hand rub.

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### Coronavirus (2019-nCoV) Notice



If you have been to an area of the world with known cases of Coronavirus in the past month, and develop a fever, cough or difficulty breathing, **please put on a mask** and mention this to your care provider.

For more information visit [www.cdc.gov/wuhan](http://www.cdc.gov/wuhan) or contact:

**Utah Department of Health**  
1-888-EPI-UTAH (374-8824)

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