



**To stay healthy and avoid  
infections like the Flu, the  
Common Cold & SARS  
..always practice**

## **Respiratory Etiquette**

- ◆ **Cover your nose and mouth with a tissue or your arm when coughing and sneezing**
- ◆ **Practice good hand hygiene**

For more information visit the  
Clinton County Health  
Department's Website:

[www.clintonhealth.org](http://www.clintonhealth.org)

