

How You Can Stay Healthy



Wash your hands with soap and clean water or any antiseptic lotion or fluid



Wash your hands each time after :

- coughing or sneezing
- touching
 - raw food materials
 - contaminated surfaces
 - your face, ears, nose, mouth
 - and other parts of your body



Also wash your hands

- after using the toilet
- before eating
- before and while preparing food
- whenever your hands are dirty



Telephone : 03 - 8881 0200 • 03 - 8881 0300
Website : <http://www//dph.gov.my/survelans/>
: <http://www.infosihat.gov.my>

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Cover Your COUGH



Stop
The Spread of Germs
That Make
You and Others Sick

Why you **should cover** your cough

Droplets that come out of the mouth and nose during **Coughing** or **SNEEZING** cause serious respiratory illnesses such as :

- influenza
- whooping cough
- Severe Acute Respiratory Syndrome (SARS)
- tuberculosis (TB)

These illnesses **can spread easily in crowded places** where people are in close contact.



Tuberculosis
Influenza
SARS



- **Wear a mask**
- **Avoid open** coughing and sneezing



- **Cover your nose and mouth** with disposable tissue or handkerchief when coughing and sneezing. Throw the tissue into a waste paper bin.

If you have no options, **you may use your sleeve or scarf** to cover your nose and mouth when coughing or sneezing. However, avoid contact with other people until you have changed your clothing.

How You Can Stop The Spread of Germs When You Are Sick

- **Avoid** crowded places



- **Do not share** towel or personal items



- **Avoid touching** your nose, eyes and mouth

