

# Respiratory Illnesses:

Protect yourself and those around you.

## Wash your hands.

Use hand sanitizer if you don't have soap and water.



Cover your nose and mouth when you cough or sneeze.



Stay home when you are sick.



BUREAU OF COMMUNICABLE DISEASES

[www.dhs.wisconsin.gov/dph/bcd.htm](http://www.dhs.wisconsin.gov/dph/bcd.htm) | [dhsdphbcd@dhs.wi.gov](mailto:dhsdphbcd@dhs.wi.gov)

Wisconsin Department of Health Services | Division of Public Health

