

# Help


## STOP THE SPREAD OF RESPIRATORY ILLNESS!

When a nasty lung infection begins to spread in our area causing severe coughs, lung congestion and other respiratory symptoms — there is something we can do about it.

**Don't let it spread, wash instead!**

**Wash your hands**  
for 30 seconds in hot soapy water  
— or use hand sanitizer



 **Cough in your sleeve or use tissue**  
— then wash your hands

**Stay home if you're sick**  
Avoid close contact with others.

If you're already sick, see your health care provider.

Remember, even if you are not sick, you can spread the germs at home or when you travel.



Alaska Department of Health and Social Services  
Division of Public Health, Section of Epidemiology:  
907-269-8000


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