

A middle-aged man with grey hair, wearing a white polo shirt and a watch, is sneezing into a white tissue. He is in an office environment with a desk, a printer, and various office supplies visible in the background. The text 'The spread of disease is nothing to sneeze at.' is overlaid in large yellow font.

# The spread of disease is nothing to sneeze at.

• When you cough or sneeze, you spread thousands of germs into the air that can infect other people. These germs can live for two hours or more when they land on hard surfaces, like tables or doorknobs. But you can stop germs in their tracks – and the spread of colds, flus and other airborne viruses – by covering your cough or sneeze. Always remember to:

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Cough or sneeze into the crook of your arm**, not into your hands, if you're caught without tissues.
- **Carry some disinfectant wipes** if you're sick, so you can clean shared items like pens, keyboards, and phones, that you touch in public areas.
- **Stay at least three feet away** from anyone who is sneezing or coughing.
- **Wash you hands** thoroughly after you cough or sneeze.

For more information about how to protect yourself against infectious disease, visit the Occupational Health and Safety Regulation on [WorkSafeBC.com](http://WorkSafeBC.com).

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