

Keep your germs to yourself when you are not wearing a mask!

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw out the tissue in the nearest wastebasket and wash your hands.
- If you don't have a tissue, cough or sneeze into your upper arm—not your hands.



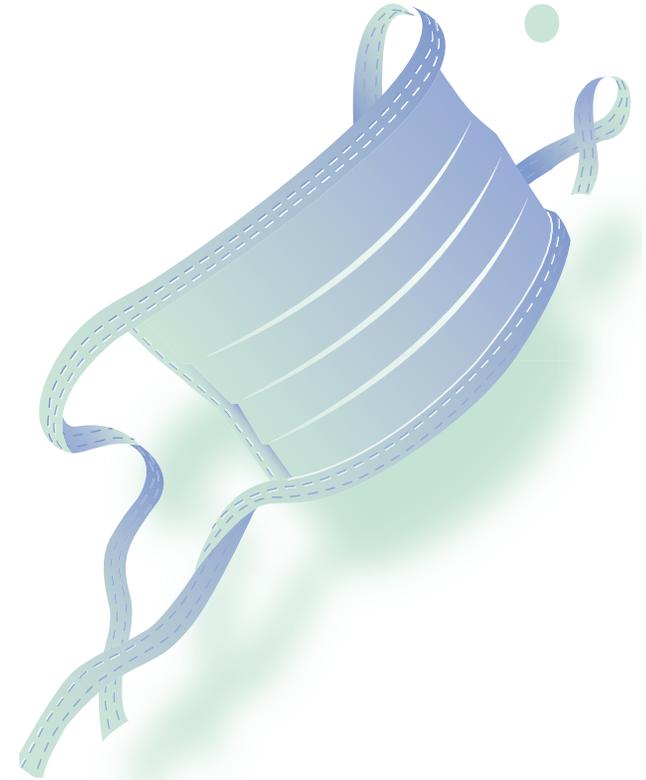
For more information, visit

www.nyhealth.gov or
www.pandemicflu.gov



State of New York
Department of Health

Did you ask about masks?



During periods of increased respiratory infection in a community—such as influenza outbreaks—use of face masks may help to reduce the spread of disease. Face masks are especially recommended for people who have flu-like symptoms, but healthy people may also want to consider wearing a mask as one way to avoid getting sick.



So, when to wear a mask?

It's a good idea to wear a mask when you are seeking medical treatment for flu-like symptoms.

Let the receptionist or nurse know right away if you have flu-like symptoms such as cough, fever, difficulty breathing and muscle aches. You may be asked to wear a mask to avoid infecting others. If you already have a mask, put it on before you go out in public with flu-like symptoms.

Consider wearing a mask when others around you are sick.

If you are in close contact with or a designated caregiver of someone who is sick, wearing a mask may reduce your chance of becoming ill. It is even more important that the person who is sick wears a mask!

Masks may be especially helpful if there is an outbreak of flu in your community.

During periods of increased respiratory infection in the community such as a flu outbreak, masks may help reduce transmission of the infection from one person to another.

Where can you get a mask?

Masks are sold in pharmacies, medical supply stores or through the Internet.

Remember: mask use—all by itself—can't prevent flu. But it will help stop the spread of germs if mask use is combined with good hygiene:

- Wash your hands often to help prevent illness. **ALWAYS** wash your hands immediately after you take off a mask. Use soap and water, if possible, or alcohol-based hand sanitizer if you are not near a sink.
- Don't handle your mask and then touch your eyes, nose or mouth.
- Change your mask whenever it gets moist. Never wear a mask for longer than one day.

