

Break the Chain *of* Infection

Respiratory Infectious Diseases

Are you at Risk?

- Young Children
- Elderly
- Pregnant
- Chronic illness
- Unvaccinated

**Get
Vaccinated**

**Stay
Home
when Sick**

Germs Live on:

- People
- Surfaces + objects

**Improve Air
Ventilation**

**Disinfect
Surfaces
and
Objects**

Germs are Caught

- By breathing them in
- By direct contact with eyes, nose or mouth

Germs Travel

- When people cough, sneeze + talk
- Through saliva and mucus

**Wash
Hands
Often**

Germs Spread

- Between people
- By touching surfaces where germs live

**Wear a
Mask when
Needed**

