

SHELTER HEALTH IS IN YOUR HANDS

Wash your hands with soap and water when you enter the shelter. Hand sanitizers can be used if your hands are not visibly dirty. Always wash your hands after using the toilet, smoking or before eating.



Keep your hands away from your eyes and mouth. Germs can enter your body this way and make you sick.



Sneeze or cough into your sleeve or a tissue. Germs can be spread to others when you sneeze or cough into your hands and then touch surfaces. Always throw used tissues in the trash.



Don't smoke! Smoking puts you at greater risk for flu and pneumonia and spreads germs to others when you exhale. If you smoke, don't share butts.



Do not use other people's personal things such as toothbrushes, razors, towels or bedding.



Do not drink out of other people's cups, cans or bottles. You will end up sharing germs.



If you feel sick, please let the shelter staff know. You need to stay at least 3 feet or more from others. If you have a fever $>100^{\circ}$ F with a cough and/or sore throat, you might have to wear a mask.



Also

GET THE FLU SHOT WHEN IT IS OFFERED

860-448-4882

LLHD
Ledge Light Health District

www.llhd.org