The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.

STOP THE SPREAD OF GERMS

COVER YOUR COUGH

Cover your mouth and nose with a tissue when you cough or sneeze

OR

cough or sneeze into your upper sleeve, not your hands

Throw away used tissue

WASH YOUR HANDS AFTER COUGHING OR SNEEZING

Washing hands with soap and warm running water is most effective

Or use alcohol-based hand sanitizer when soap and water not available