Protect Yourself!

STOP the Spread of Germs!

Because the illness that is making you cough may be easily spread to others, we ask that you:

- Wear a mask while in the clinic if you have a cough. (Ask the receptionist for a mask).

- If you are unable to wear a mask, use tissues to cover your nose and mouth when sneezing or coughing.

- Keep your hands clean! Use alcohol-based hand gel or wash your hands after sneezing or coughing.

**Thank you for protecting our
patients and healthcare workers!**