STOP Spreading GERMS

Protect your colleagues and friends.
Stay home and rest when you are sick.

1. Cover coughs and sneezes with a tissue or your sleeve.
2. Wash hands frequently with soap and water.
3. Check about working from home.

This material was prepared by the Great Plains Quality Innovation Network, the Medicare Quality Improvement Organization for Kansas, Nebraska, North Dakota and South Dakota, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy.