



LaPorte County Health Department

(219) 326-6808, Ext. 2200
(219) 874-5611
Fax: (219) 325-8628

Government Complex
809 State Street – Suite 401 A
LaPorte, Indiana 46350-3385

Charles Janovsky, M.D., Health Officer
Paul E. Trost, Administrator

PRESS RELEASE

This is why you should cover your coughs and sneezes!!

LaPorte County, IN (October 8, 2009) - Gross, huh?

This 2009 photograph, provided by the Centers for Disease Control (CDC) captured a sneeze in progress, revealing the plume of salivary droplets as they are expelled in a large cone-shaped array from this man's open mouth, thereby, dramatically illustrating the reason one needs to cover his/her mouth when coughing, or sneezing, in order to protect others from germ exposure.



How Germs Spread?

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

How to Help Stop the Spread of Germs?

Take care to:

- Cover your mouth and nose when you sneeze or cough (use disposable tissue, or cough into your elbow or inside the front of your shirt)
- Clean your hands often
- Avoid touching your eyes, nose or mouth
- Stay home when you are sick and check with a health care provider when needed
- Practice other good health habits.

Questions about the H1N1 vaccine should be directed to the LaPorte County Health Department at 219/326-6808 X2200 or by email to H1N1@laportecounty.org. Visit the website at www.laportecounty.org and click on "current local flu information" just beneath the waving flag.

Questions about the content of this press release should be directed to the LaPorte County Health Department using above contact information.. Technical questions about the press release (PDF) received via email should be directed to JK Enterprises at jkostielney@csinet.net.