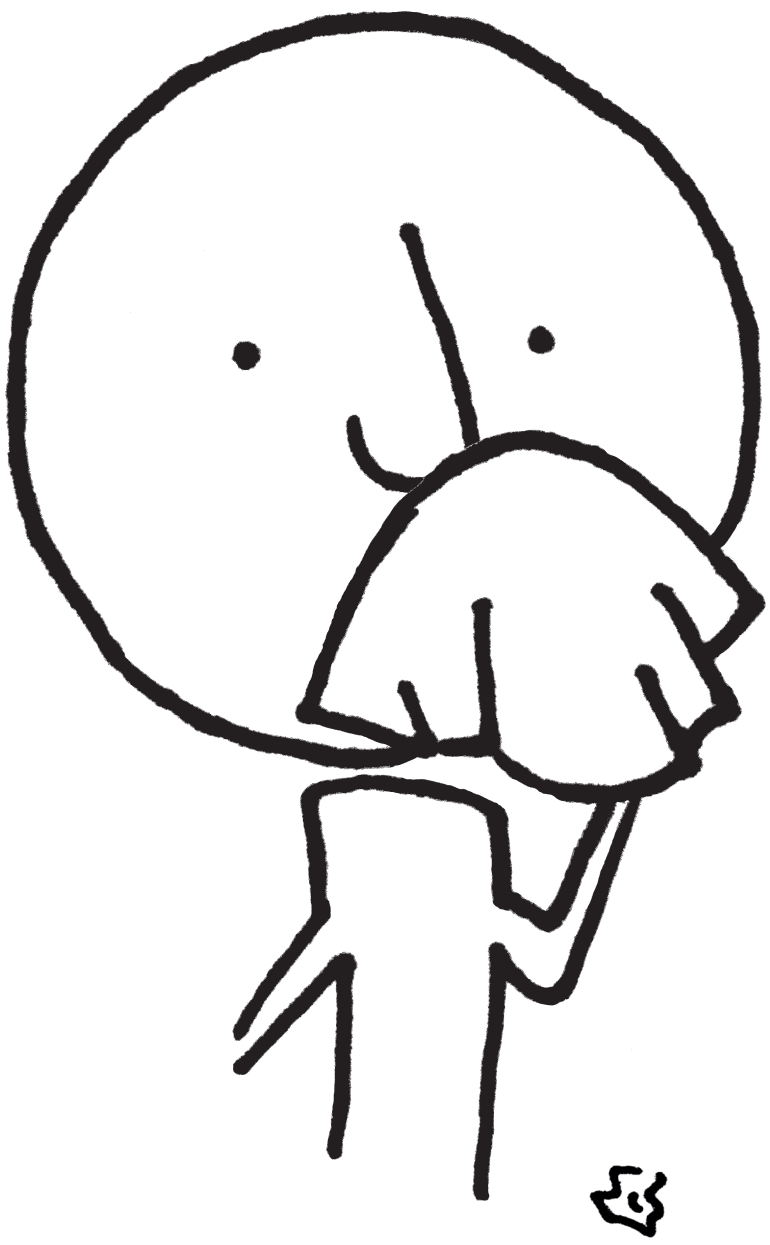
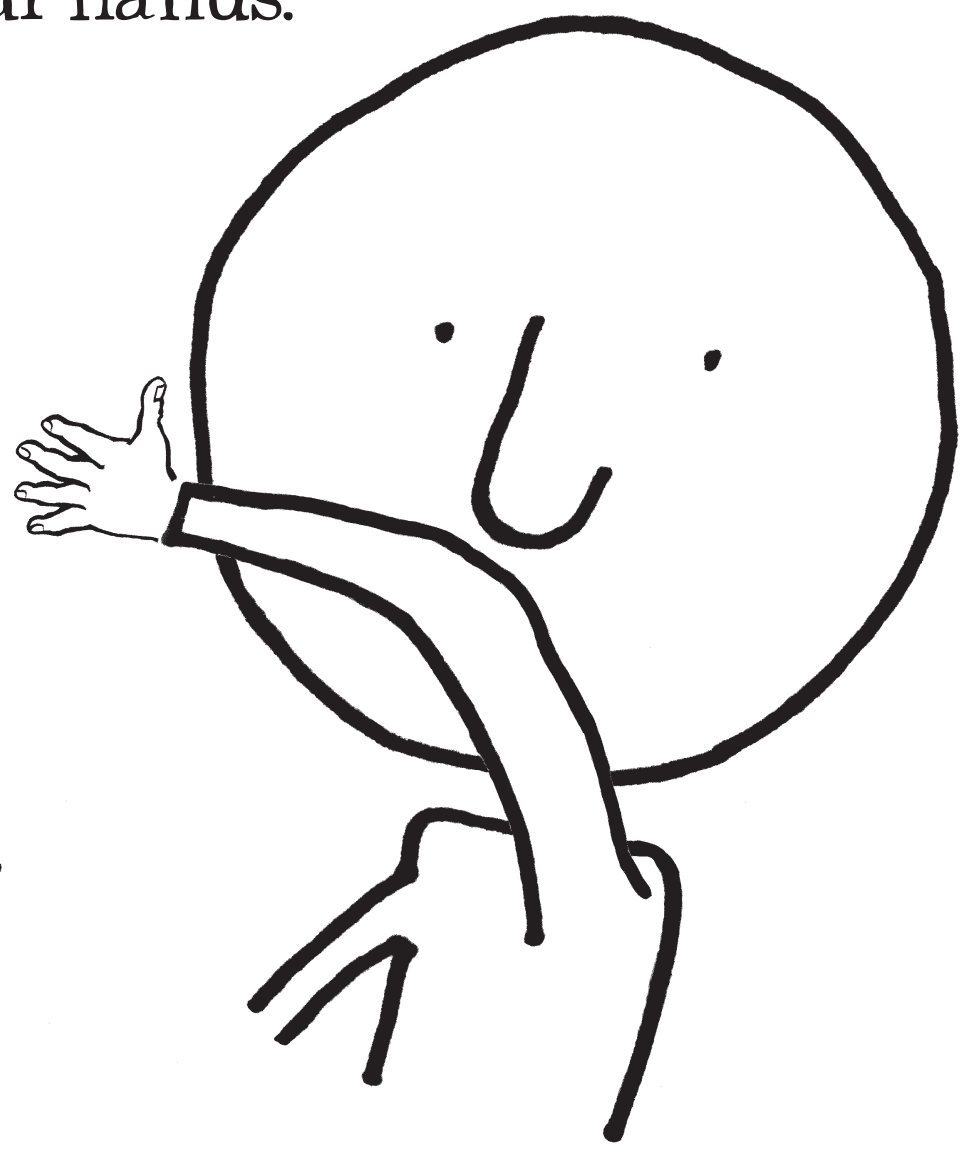
Stop the spread of germs
that make you and others sick!

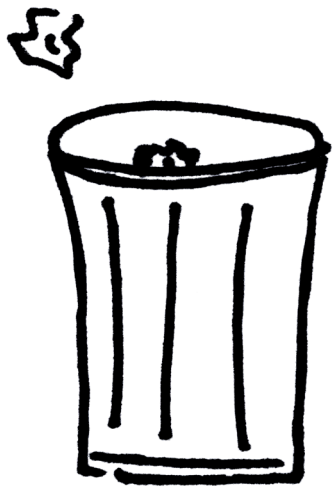
Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve—not your hands.



Put your used tissue in the waste basket.



DHS Oregon Department of Human Services

APIC Association for Professionals in Infection Control and Epidemiology, Inc.

This message is brought to you by the Oregon Department of Human Services, the Association for Professionals in Infection Control and Epidemiology, Inc., and your local county health department, with special thanks to the Minnesota Department of Health for sharing these illustations.