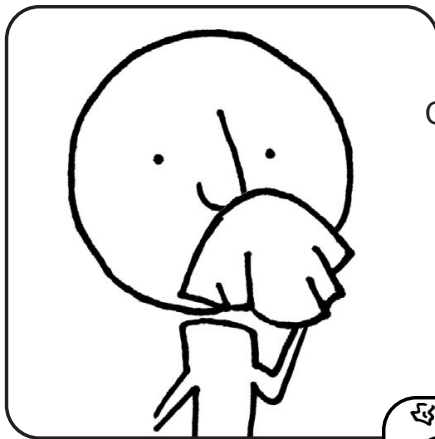


Stop the spread of germs that make you and others sick!

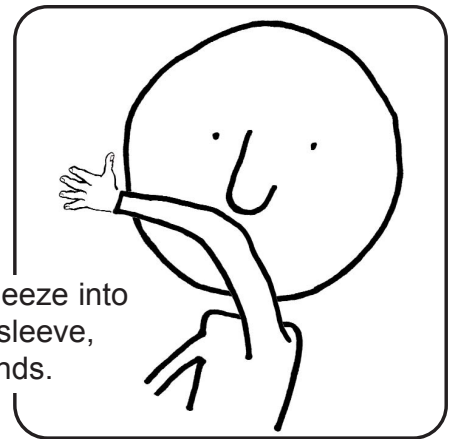
# Cover your Cough



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

or

cough or sneeze into  
your upper sleeve,  
not your hands.

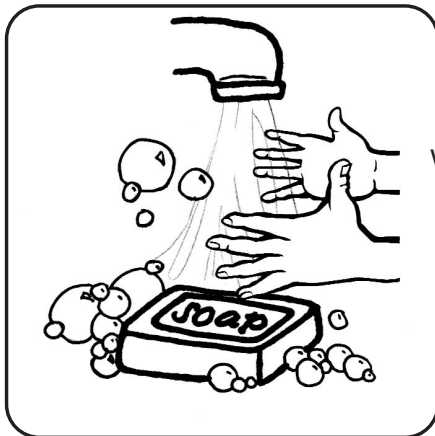


Put your used tissue in  
the waste basket.



# Clean your Hands

after coughing or sneezing.



Wash hands  
with soap and  
warm water

or

clean with  
alcohol-based  
hand cleaner.

