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.

- You may be asked to put on a surgical mask to protect others.

**Clean your Hands**

- Wash hands with soap and warm water for 20 seconds or clean with alcohol-based hand cleaner.

- After coughing or sneezing.