

# Cover Your Cough

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

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



Put your used tissue in the waste basket.

**or**

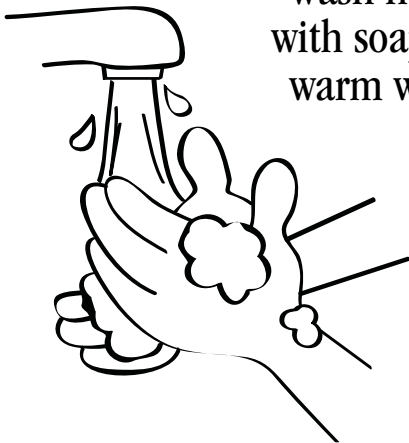
cough or sneeze into your upper sleeve, not your hands.



## Clean Your Hands

after coughing or sneezing.

Wash hands with soap and warm water



**or**

clean with alcohol-based hand cleaner.

