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

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

after coughing or sneezing.