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 with soap and water or clean with alcohol-based hand cleaner.

after coughing or sneezing.