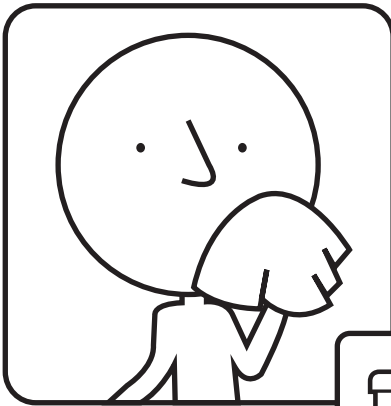


Stop the spread of germs that make you and others sick!

# Cover your Cough



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

Put your used tissue in the waste basket



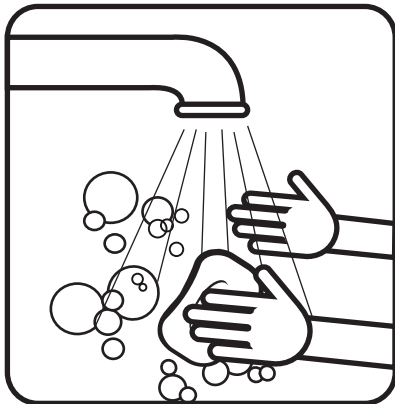
or

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



# Clean your Hands

after coughing or sneezing.



Clean hands with soap and warm water

or

clean with alcohol-based hand rub

