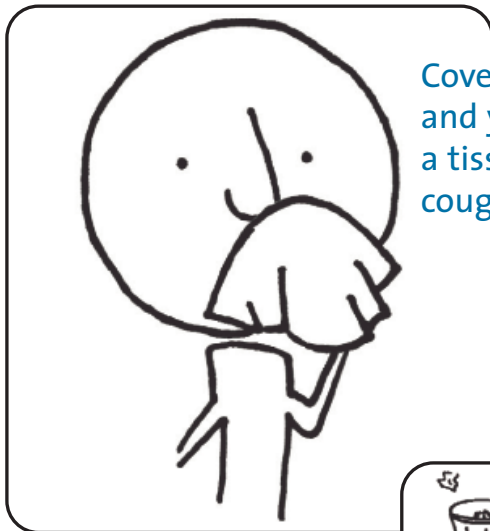


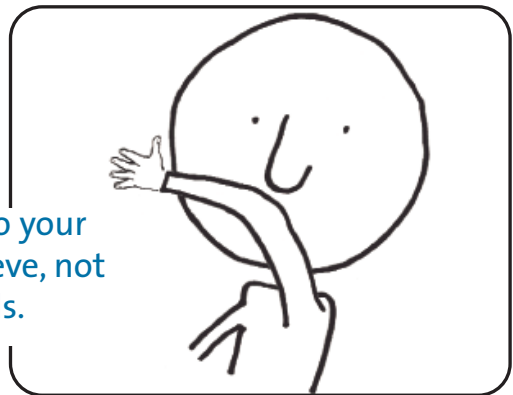
Stop the spread of germs that make you and others sick!

# Cover your Cough



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

or  
cough into your upper sleeve, not your hands.



Put your tissue in the waste basket.



**Clean**  
*your*  
**Hands**  
*after coughing or sneezing.*

You may be asked to wear a surgical mask to protect others



Wash with soap and water

or

clean with alcohol-based hand cleaner.

