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

Wash hands with soap and warm water for 20 seconds.

or

Clean with alcohol-based hand cleaner.

often, especially after coughing or sneezing.

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