1. **Cover your Cough**
   - Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.
   - Cough or sneeze into your upper sleeve, not your hands.

2. **Clean your Hands**
   - Wash hands with soap and warm water for 20 seconds.
   - Clean with alcohol-based hand cleaner.

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

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