

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, and throw the tissue away.

OR

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

Clean *your* Hands *after coughing or sneezing*

Wash your hands with soap and warm water for 20 seconds.

OR

Clean with an alcohol-based hand cleaner.