

Cover Your Cough

**stop the spread of germs
that make you and others sick**

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 into
your hands.

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

... or clean them with
an alcohol-based
hand sanitizer.

after coughing or sneezing

Clean Your Hands