



## COVER YOUR COUGH

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

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may be asked to put on a face mask to protect others.

Wash hands often with soap and warm water for 15 seconds. If soap and water are not available, use an alcohol-based hand rub.

