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

Put your used tissue in the waste basket.

**Clean your Hands**

after coughing or sneezing.

Wash hands with soap and warm water for 20 seconds or clean with alcohol-based hand cleaner.