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.

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

**Clean your Hands**

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

after coughing or sneezing.