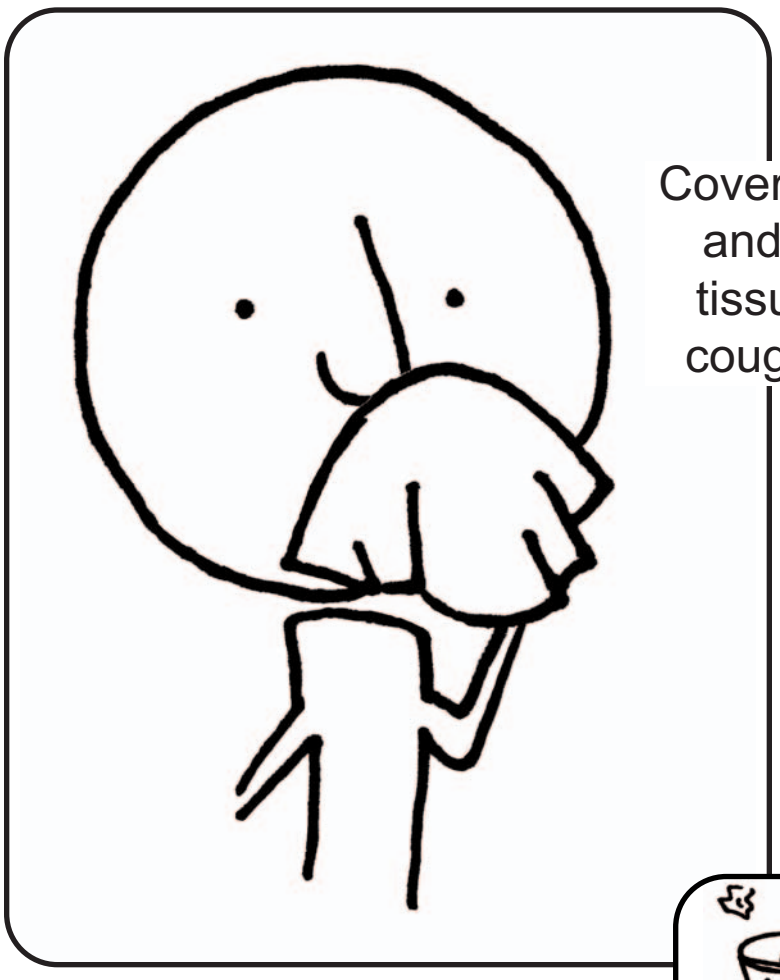
Stop the spread of germs that make you and others sick!

# Cover your Cough

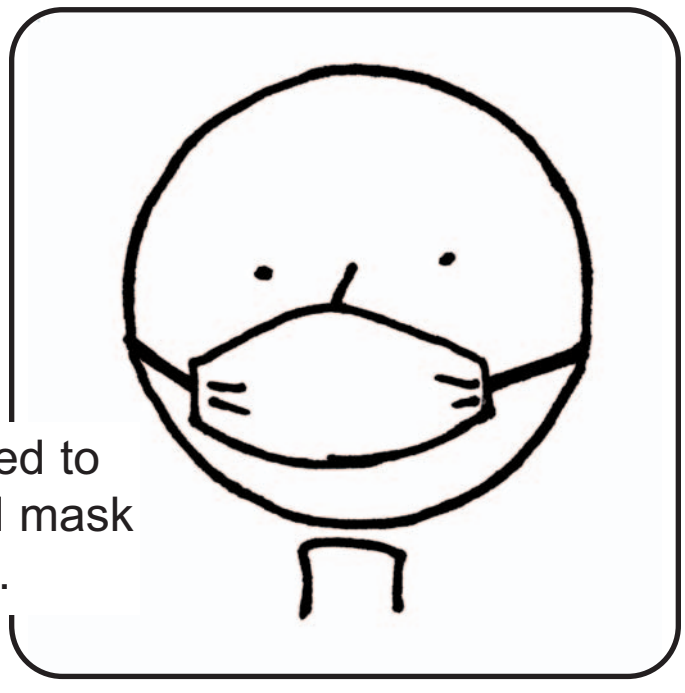


Cover your mouth and nose with a tissue when you cough or sneeze

*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

after coughing or sneezing.

Wash with soap and water

*or*

clean with alcohol-based hand cleaner.

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