

STOP THE SPREAD OF GERMS THAT MAKE OTHERS SICK

# COVER YOUR COUGH!



Cover your mouth with a tissue when you cough or sneeze. Remember to throw away your used tissues in the waste basket.



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



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



Remember to wash your hands with soap and water or clean them with a hand sanitizer.