

**STOP THE SPREAD OF GERMS THAT  
MAKE YOU & OTHERS SICK!**

# COVER YOUR COUGH

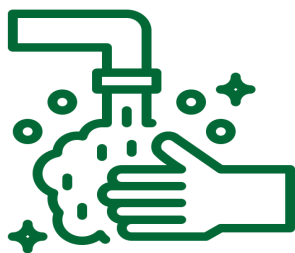


Cover your mouth  
and nose with a  
tissue when you  
cough or sneeze

OR



Cough or sneeze  
into your upper  
sleeve,  
not your hands



Wash with  
soap & water

**CLEAN YOUR HANDS**  
after coughing or sneezing

OR



Clean with alcohol-  
based hand sanitizer

## FOLLOW INSTRUCTIONS ABOUT MASKING

