

Cover Your Cough

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



cough or sneeze into your
sleeve, not your hands

OR



cover your mouth and
nose with a tissue



put your used tissue
in the waste basket

Clean your hands after
coughing or sneezing:



wash your hands with
soap and water

OR



clean with waterless
hand cleaner



you may be asked
to put on a mask
to protect others