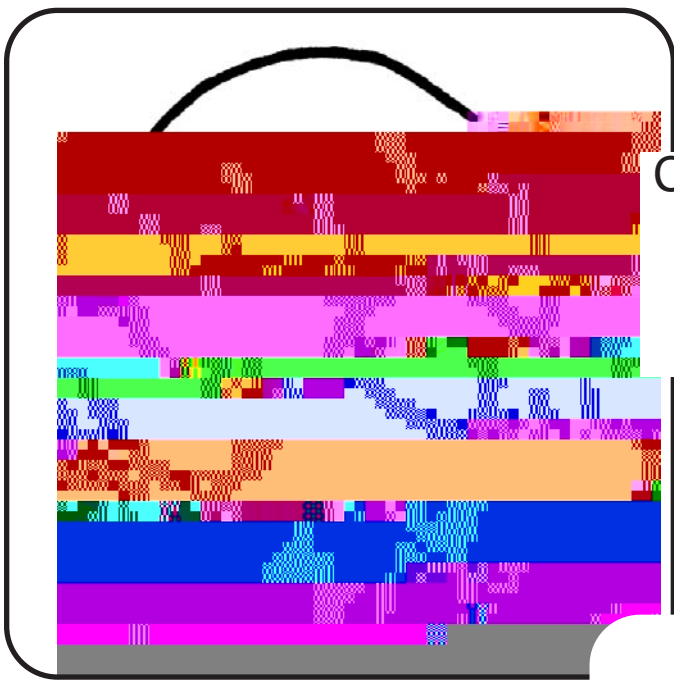


# Cover your Cough



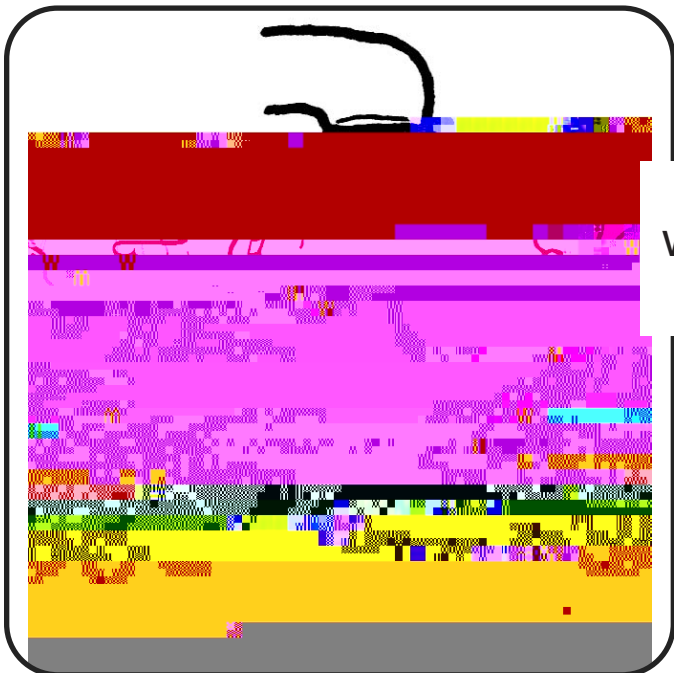
Cover your mouth and nose with a tissue when you cough or sneeze

to stop the spread of germs that make you and others sick. Cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.

# Clean your Hands



Wash hands with soap and warm water

or

