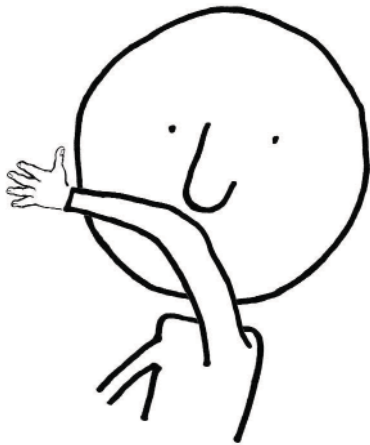


Stop

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

Cover Your Cough

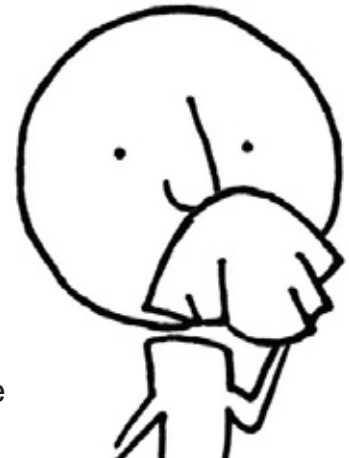


Cover your mouth and nose with
a tissue when you cough or sneeze

OR

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

Put your used tissue in the waste basket.



Wash Your Hands

Wash your hands after coughing or sneezing.

Clean your hands with soap and warm water or use alcohol-based hand sanitizer.



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