Cover your cough!

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

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

Put your used tissue in the trash can.

If you seek medical care, you could be asked to put on a surgical mask to protect others, or you can ask for a mask.

Clean your hands after coughing or sneezing.

Wash your hands with soap and water

Or

clean with alcohol-based hand cleaner.

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

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