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.

**Clean your Hands**
- Wash hands with soap and warm water for 20 seconds or
- clean with alcohol-based hand cleaner.
- after coughing or sneezing.