

# COVER YOUR COUGH

Stop the spread of germs that can make you and others sick.



Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



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



You may be asked to put on a surgical mask to protect others.



Wash hands with soap and water. Or, clean with alcohol-based hand sanitizer.