COVER YOUR COUGH

Use tissue to cover your mouth and nose when you cough or sneeze

Throw your tissue in the waste basket

or cover your cough or sneeze with your upper sleeve, *not your hands*

Wear a surgical mask to protect others if asked

Stop the spread of germs!

Clean Your Hands

After coughing or sneezing wash for 20 seconds with soap and warm water or clean with hand sanitizer