

# COVER YOUR COUGH

## Stop the spread of germs



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.**

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



## Clean your Hands

after coughing or sneezing



Wash with soap and warm water or clean with alcohol-based hand rub.