## **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.



after coughing or sneezing







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



Making life better