Cough or sneeze into your upper sleeve, not your hands, or cover your mouth and nose with a tissue.

STOP the spread of germs that make you and others sick!

COVER YOUR COUGH

CLEAN YOUR HANDS AFTER COUGHING OR SNEEZING.

Wash hands with soap and warm water or clean with alcohol-based hand cleaner. Do not touch your eyes/nose/mouth with unwashed hands.

Put your used tissue in the waste basket.