**Cover Your Cough**

*Stop the spread of germs that make you and others sick!*

- **OR**
  - cough or sneeze into your sleeve, not your hands
  - cover your mouth and nose with a tissue
  - put your used tissue in the waste basket

**Clean your hands after coughing or sneezing:**

- **OR**
  - wash your hands with soap and water
  - clean with waterless hand cleaner
  - you may be asked to put on a mask to protect others