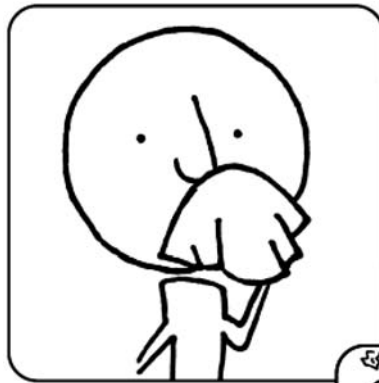


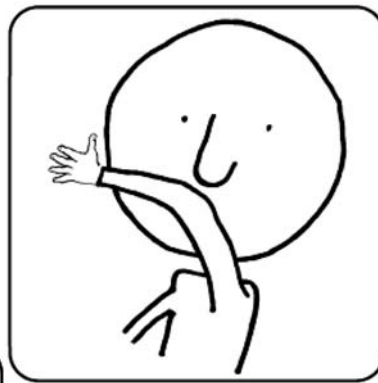
Stop the spread of germs that make you and others sick!

# Cover your Cough

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.

## Clean your Hands after coughing or sneezing.



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

*(Thanks to the Minnesota Department of Health for generously sharing this poster.)*

