

# COVER your COUGH

Stop the spread of germs!



Use tissue to cover your mouth and nose when you cough or sneeze.



Throw your tissue in the waste basket.



or cover your cough or sneeze where your arm meets your elbow, *not your hands*



## Clean your Hands

After coughing or sneezing, wash for 20 seconds with soap and water or clean with hand sanitizer.

