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:
- Wash hands with soap and warm water.
- Or clean with alcohol-based hand cleaner.

CoverCough Clean Hands

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