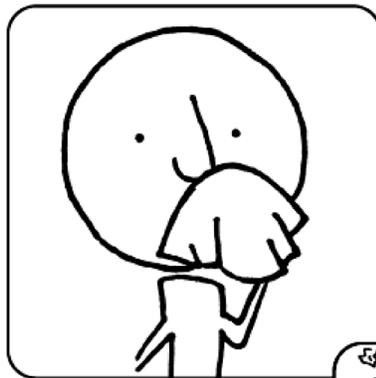


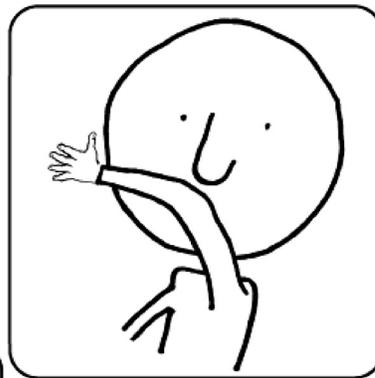
Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth
and nose with a
tissue when you
cough or sneeze



or



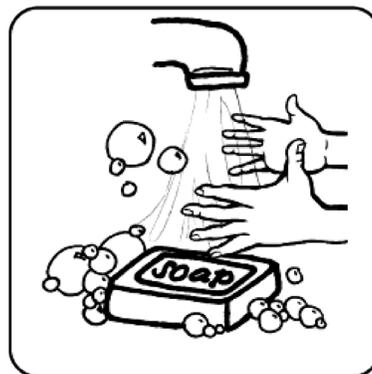
cough or sneeze
into your
upper sleeve,
not your hands.



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.)

