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 for 20 seconds
- or clean with alcohol-based hand cleaner.
- after coughing or sneezing.

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Protecting and Promoting Health with an Ounce of Prevention