

COUGHING?

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*

*You may be asked to put on a
surgical mask to protect others.*



Clean your Hands



Wash hands with soap
and warm water

OR

Clean with alcohol-based
hand cleanser

after coughing or sneezing

Thank you for your help and consideration.

