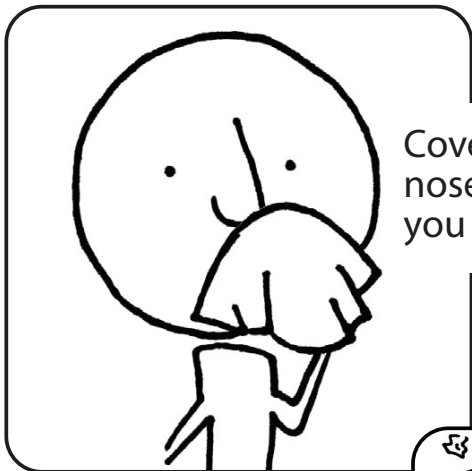


Stop the spread of germs that make you and others sick!

# Cover your Cough



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

OR

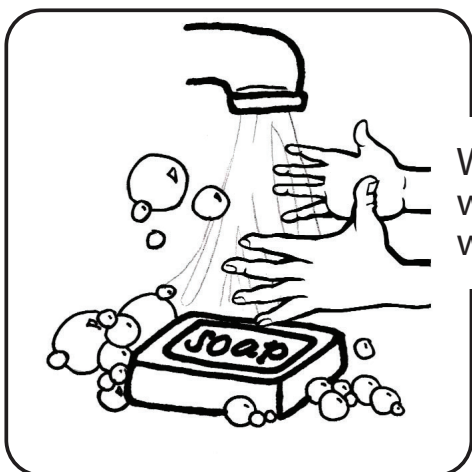
cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



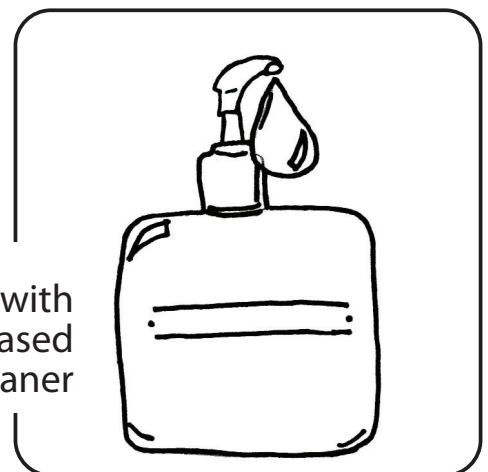
# Clean your Hands after coughing or sneezing.



Wash hands with soap and water

OR

clean with alcohol-based hand cleaner



**ongovhealth**  
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