

COVER YOUR COUGH

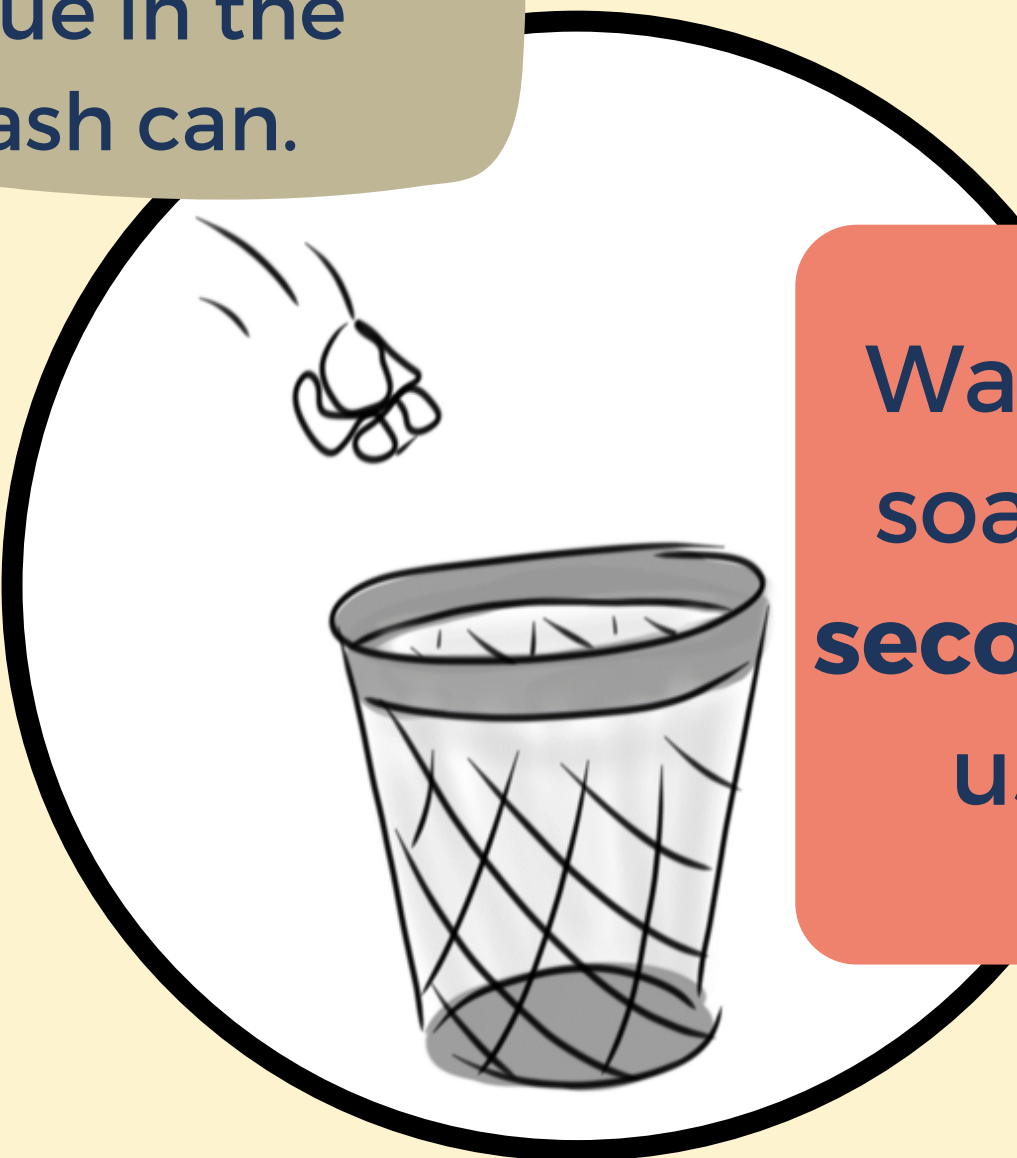
Use a tissue to **cover your mouth and nose.**



If you don't have a tissue, cough or sneeze into your elbow. **Not your hand!**



Put your used tissue in the trash can.



Wash your hands with soap and water for **20 seconds.** If not available, use hand sanitizer.

