

# Cover Your Cough

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



cough or sneeze into your  
sleeve, not your hands

OR



cover your mouth and  
nose with a tissue



put your used tissue  
in the waste basket

## Clean your hands after coughing or sneezing:



wash your hands with  
soap and water

OR



clean with waterless  
hand cleaner



you may be asked  
to put on a mask  
to protect others