

# Cover your Cough



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

OR



Cover your mouth and nose with a tissue.



Put your used tissue in the waste basket.

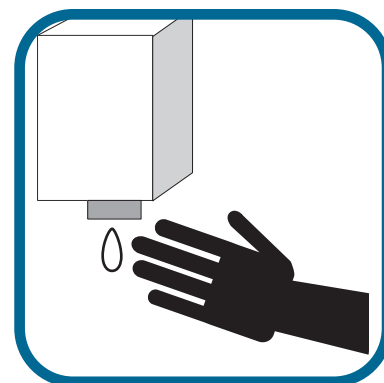
# Clean your Hands

After coughing or sneezing:



Wash with soap and water.

OR



Clean with waterless hand cleaner.