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 elbow, not your hands.

Put used tissue in the waste basket.

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

Clean your Hands after coughing or sneezing

Wash with soap and water, or clean with alcohol-based hand cleaner.