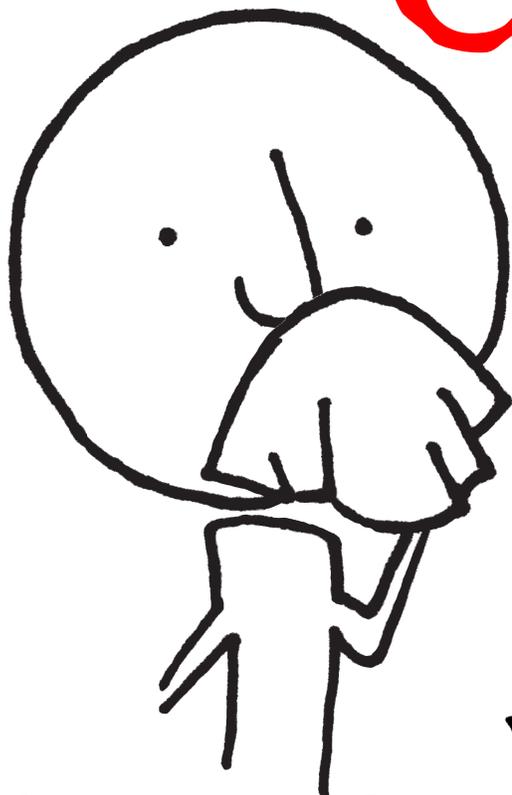# Stop the spread of germs that make you and others sick!

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.

DHS
Oregon Department of Human Services

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