



Stop the spread of germs that make you and others sick



Cover your mouth and nose with tissue when you cough or sneeze.



Toss the tissue in the trash after you use it.



Wash your hands frequently with soap and water.



Cough or sneeze into your sleeve or elbow, NOT your hands.



If you touch your eyes, nose, and mouth, germs on your hands can get in your body.



If you get sick, you may be asked to put on a face mask.

