

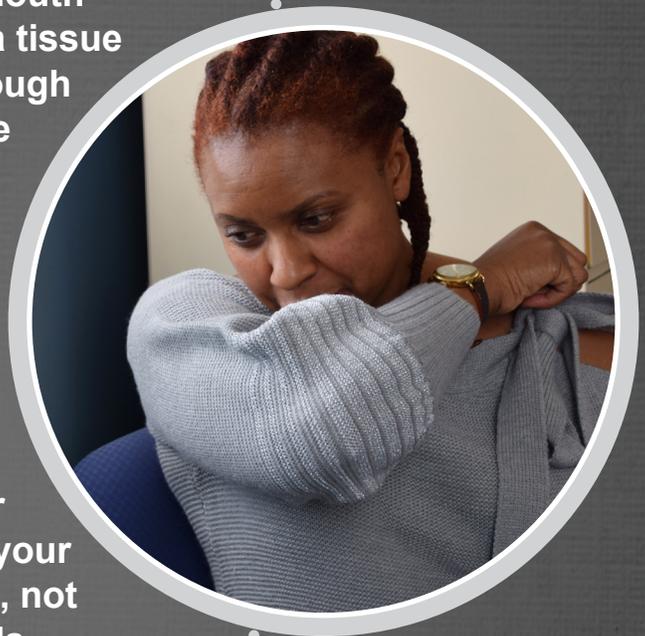
COVER YOUR COUGH

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



OR

cough or
sneeze into your
upper sleeve, not
your hands



Throw away
used tissue

WASH YOUR HANDS AFTER COUGHING OR SNEEZING



Washing hands with soap
and warm running water
is most effective



Or use alcohol-based
hand sanitizer when soap
and water not available