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

**Keep Germs to Yourself!**

**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.

**Clean your Hands**

after coughing or sneezing.

Wash with soap and water

**or**

clean with alcohol-based hand cleaner.

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