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.

Clean your Hands

Wash hands with soap and warm water for 20 seconds or clean with alcohol-based hand cleaner.

Clean your Hands after coughing or sneezing.