

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 tissues in the waste basket.



# Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water

or  
clean with alcohol-based hand cleaners.



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Resources: Centres for Disease Control  
Public Health Agency of Canada  
LaCrosse County Environmental Health  
New Zealand Government