

# COVER YOUR COUGHS & SNEEZES

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



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



Cough or sneeze into your upper sleeve if you don't have a tissue.



Wash your hands with soap and water or use a hand sanitizer.



Avoid touching your eyes, nose, and mouth.



Do not cover a cough and sneeze with your hands. You will end up spreading more germs through everything you touch.