

STOP THE SPREAD OF GERMS
THAT MAKE YOU AND OTHERS SICK



COVER YOUR COUGH

Many respiratory infections are spread by coughs and sneezes.

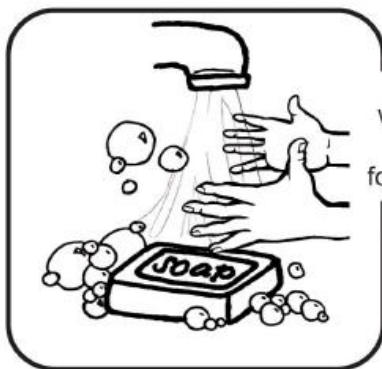


Cover your mouth and nose with a tissue when you cough or sneeze

or cough or sneeze into your upper sleeve, not your hands.

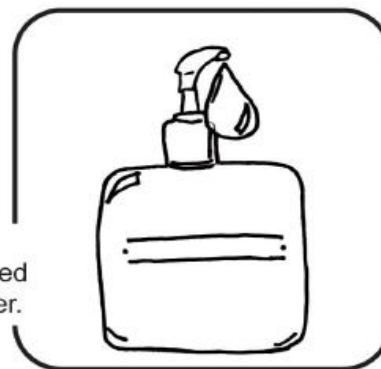


CLEAN YOUR HANDS after coughing or sneezing



or

clean with alcohol-based hand cleaner.



**If you are sick, please stay home
except to seek medical care or other necessities.**