

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

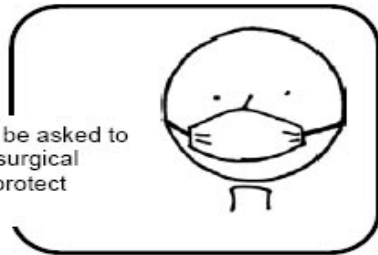
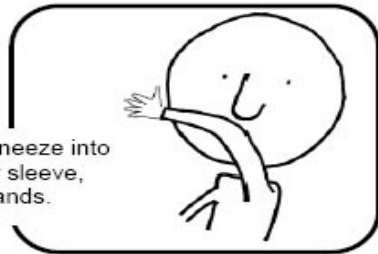
# Cover your Cough



Put your used tissue in the waste basket.

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

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



You may be asked to put on a surgical mask to protect others.

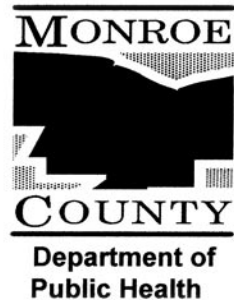
Clean  
your  
Hands  
after coughing and sneezing.



Wash with soap and water

or

clean with alcohol-based hand cleaner.



This information is provided -- with permission -- from the Minnesota State Health Department.  
Flyer design provided by ViaHealth.