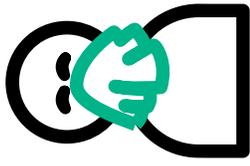


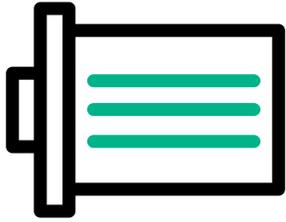
# STOP THE SPREAD OF GERMS:



## COVER

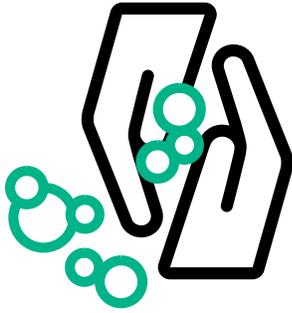
When you cough or sneeze:

- cover your nose and mouth with a tissue OR
- cough or sneeze into your upper sleeve, not your hands.



## TOSS

Toss your used tissue into the trash.



## CLEAN

Clean your hands with

- soap and warm water OR
- an alcohol-based hand cleaner.