Cover Your Cough

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

Cough or sneeze into your sleeve, not your hands

OR

Cover your mouth and nose with a tissue and put your used tissue in the waste basket

Clean your hands after coughing or sneezing

Wash your hands with soap and warm water, for at least 20 seconds

OR

Clean hands with alcohol-based hand rub or sanitizer

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