

# Cover Your Cough

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



OR



Cough or sneeze into your sleeve, not your hands

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

## Clean your hands after coughing or sneezing



OR



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

Clean hands with alcohol-based hand rub or sanitizer

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

PLEASE CONTACT THE FOLLOWING NUMBERS FOR ASSISTANCE

NATIONAL HOTLINE- **8335, +25112765340**

UNHCC HOTLINE: **+251929908433**