

Stop the spread of germs that make you and others sick



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



Wash your hands frequently with soap and water.



If you touch your eyes, nose, and mouth, germs on your hands can get in your body.



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Toss the tissue in the trash after you use it.



Cough or sneeze into your sleeve or elbow, NOT your hands.



If you get sick, you may be asked to put on a face mask.



