COVER YOUR COUGH
Stop the spread of germs and keep others from getting sick.

Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash.

If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow. Don’t sneeze into your hands.

You may be asked to wear a facemask to protect others.

Wash hands often with soap and warm water for 20 seconds. If soap and water aren’t available, use alcohol-based hand sanitizer.