

# COVER YOUR COUGH AND SNEEZE THE RIGHT WAY

- **COVER YOUR MOUTH AND NOSE WITH A TISSUE WHEN YOU COUGH OR SNEEZE**
- **OR COUGH OR SNEEZE INTO YOUR UPPER SLEEVE**
- **PUT USED TISSUE INTO THE BIN**
- **WASH YOUR HANDS OR USE A HAND SANITIZER**

**STOP THE SPREAD  
OF GERMS THAT  
MAKE YOU AND  
OTHERS SICK**

