

# PREVENTION SAVES LIVES!

## STOP

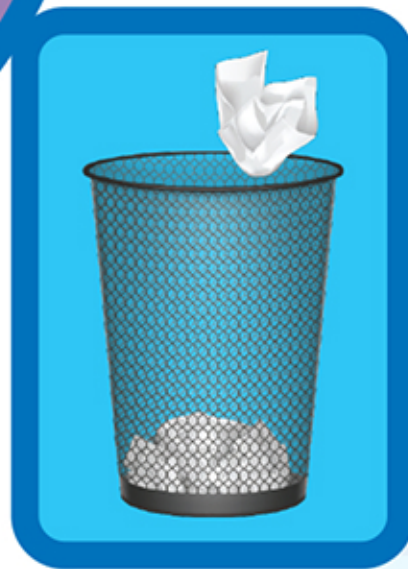
THE SPREAD OF GERMS THAT CAN MAKE YOU AND OTHERS SICK

## COVER *your* COUGH



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

or



cough or sneeze into your upper sleeve, not your hands.



Throw your used tissue in the trash.



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

## CLEAN *your* HANDS *after coughing or sneezing.*



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

or

use an alcohol-based hand sanitizer.



Source: [www.cdc.gov/healthywater/hygiene/etiquette](http://www.cdc.gov/healthywater/hygiene/etiquette)  
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For more information, contact: Department of Public Health and Social Services  
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