

# Cover coughs and sneezes



Or

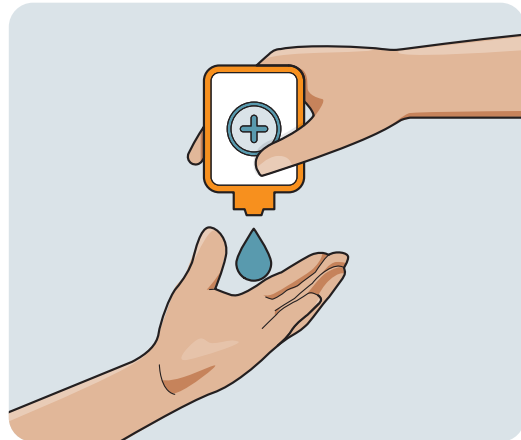


Cough or sneeze into your sleeve, not your hands. Avoid touching your face with your hands.

Cover your mouth and nose with a tissue and put your used tissue in the garbage.



Or



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

Clean your hands with alcohol-based hand sanitizer.