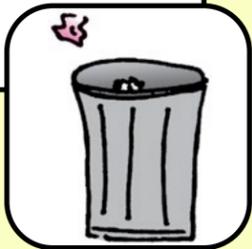


Stop the spread of germs that make you and others sick!

# Cover Your Cough



Put your used tissue in a waste basket.

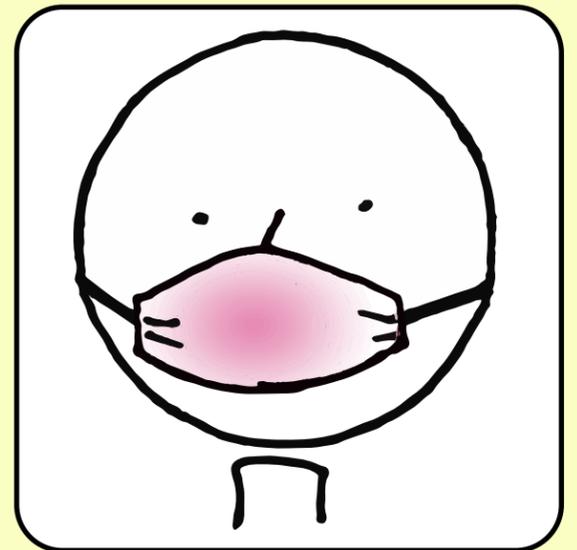


Cover your mouth and nose with a tissue when you cough or sneeze.

or

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

You may be asked by a health care provider to **wear a face mask** in public. Don't worry if you see others wearing masks. **They are preventing the spread of germs.**



Special thanks to the Minnesota Department of Health and the Minnesota Antibiotic Resistance Collaborative.

# Wash Your Hands

after coughing or sneezing.



Wash with soap and water.

or

Clean with alcohol-based hand sanitizer.

