

Stop the spread of germs that can make you and others sick! -Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands. You may be asked to put on a facemask to protect others. Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based CS208322

hand rub.