

Stop the spread of germs!



Please
**Cover Your Cough
or
Sneeze**

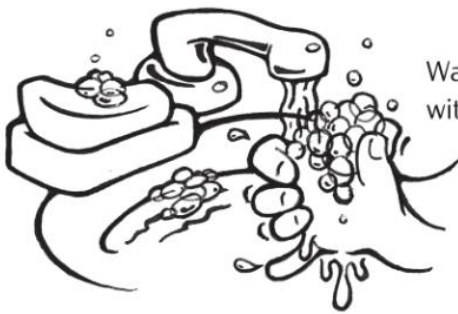


Cover your nose and mouth with a tissue whenever you cough or sneeze. Throw the used tissue into a trash can.



If you don't have a tissue, cough or sneeze into the upper sleeve of your shirt – not into your hands.

**And always clean your hands
after coughing or sneezing**



Wash your hands with soap and water.

Or, clean your hands with an alcohol-based hand cleaner.



CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

