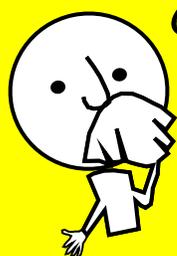


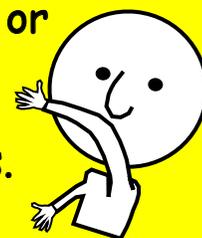
# COVER your COUGH

and Wash your hands  
so you can stop germs.



Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

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



Use **soap** and **warm** water.



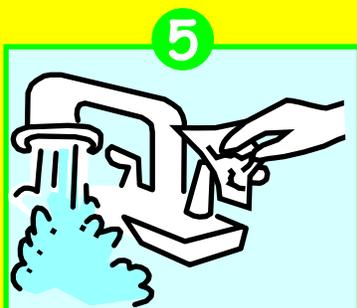
**Rub** your hands back and forth for **20 seconds**.



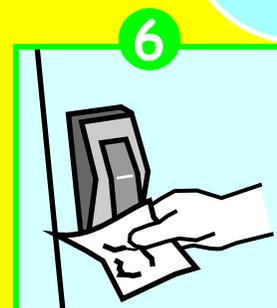
**Rinse** with **warm** water.



Use a **paper towel** to **dry** your hands,



**turn off** water faucet,



and **open door** to leave.

Or clean with **alcohol-based** hand cleaner.

