Cover Your Coughs and Sneezes

Stop the spread of germs that make you and others sick

Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in the garbage.

or

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

Clean your hands

Wash your hands with soap and water for 20 seconds.

or

Clean your hands with alcohol-based hand sanitizer.

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Public Health

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