



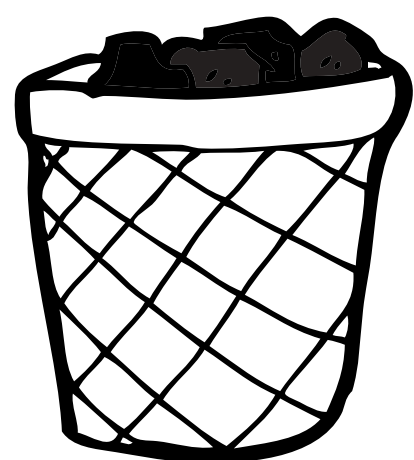
HELP STOP THE SPREAD OF GERMS

Tips to keep you and others well



Cover your cough

- Cough or sneeze into your elbow or upper sleeve
- OR**
- Cover your mouth and nose with a tissue when you cough or sneeze



Put used tissues in the bin



Clean your hands

- After coughing or sneezing wash hands with soap and warm water for 20 seconds and then dry
- OR**
- Clean with alcohol-based hand cleaner

