

STOP THE SPREAD OF GERMS!

**Stay home
when sick**



**Cover your
cough or sneeze
with a tissue**



**Dispose of
tissue after use**



**If you don't have a
tissue, cough or
sneeze into your
upper sleeve**



**Wash hands with
soap and water for
at least 20 seconds**



**Avoid touching
eyes, nose, and
mouth with
unwashed hands**

