STOP THE SPREAD OF GERMS:

**COVER**
- When you cough or sneeze:
  - cover your nose and mouth with a tissue OR
  - cough or sneeze into your upper sleeve, not your hands.

**TOSS**
- Toss your used tissue into the trash.

**CLEAN**
- Clean your hands with
  - soap and warm water OR
  - an alcohol-based hand cleaner.