

COVER YOUR COUGH

to stop the spread of germs that make you and others sick.

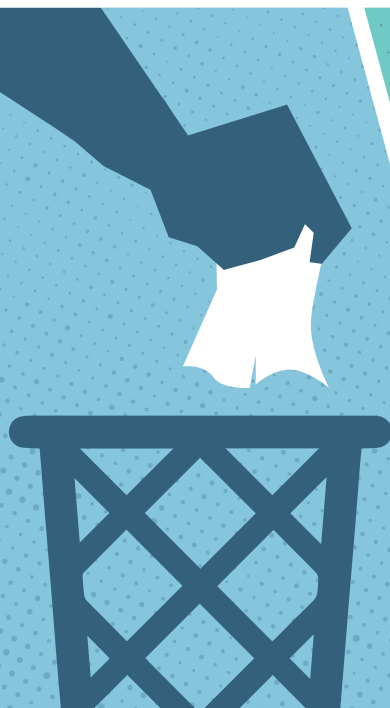


Cover your mouth and nose with a tissue when you cough or sneeze.



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

Put your used tissue in the waste basket.



Wear a mask to protect others and yourself.



CLEAN YOUR HANDS AFTER COUGHING OR SNEEZING.

Wash with soap and water for 20 seconds or clean with alcohol-based hand cleaner.



ROCHESTER REGIONAL HEALTH