

## For everyone's health and safety

## Cover Your Cough



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



Or, cough or sneeze into your upper sleeve, not your hands.



You may be asked to put on a surgical mask to protect others.



Put your used tissue in the waste basket.



Wash your hands with soap and water.



Or, clean your hands with an alcohol-based hand cleaner.