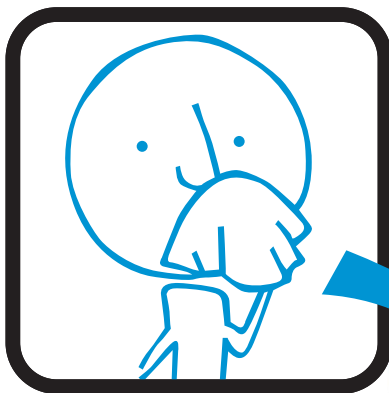


# Keep clean and healthy!

*Help stop the spread of germs.*

## 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.



## Clean your hands.



Wash hands with soap and warm water for 20-30 seconds.

OR

Clean hands with an alcohol-based hand cleaner.

