

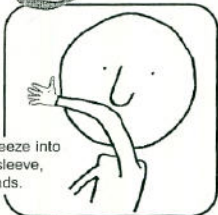
Stop the spread of germs that make you and others sick!

# 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.



Put your used tissue  
in the waste basket.



# Clean your Hands

after coughing or sneezing.



Wash hands  
with soap and  
warm water

or  
clean with  
alcohol-based  
hand cleaner.



Minnesota Department of Health  
117 SE Delaware Street  
Minneapolis, MN 55434  
612-676-6414 or 1-877-676-6414  
www.health.state.mn.us



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