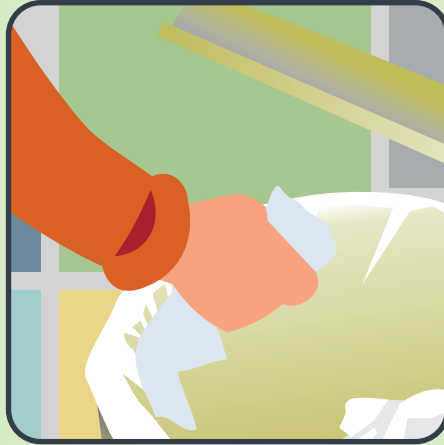


# HOW TO **COUGH** AND **SNEEZE** PROPERLY



WHEN YOU COUGH OR SNEEZE **cover your nose and mouth with a tissue.**



THROW YOUR TISSUE **in the garbage.**



COUGH OR SNEEZE **in your elbow,** NOT YOUR HANDS, IF YOU DON'T HAVE A TISSUE.



**Wash your hands** WITH WARM WATER AND SOAP or USE **hand sanitizer** AFTER COUGHING OR SNEEZING.

**HELP PREVENT THE SPREAD OF GERMS**