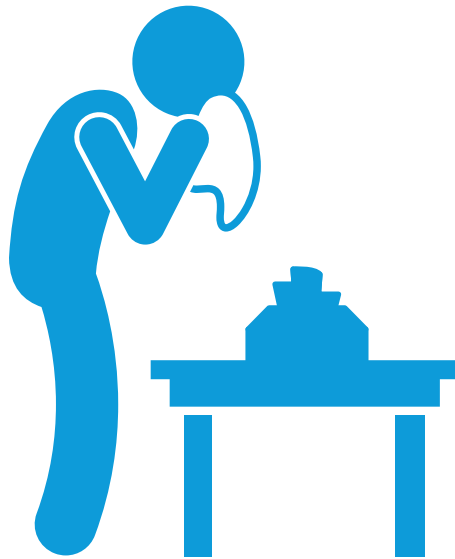
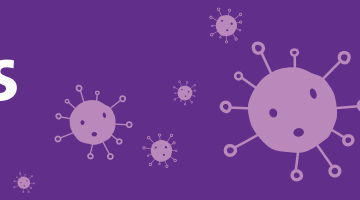


How to cover coughs and sneezes

Take these steps to keep germs at bay



It's no issue— use a tissue

Cover your mouth and nose with a tissue. No tissue on hand? The inside of your elbow will do.



Throw it all away

Dispose of used tissues by throwing them away in the trash.



Stay soapy (as much as you can)

Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.